St. Mary’s Medical Center of Evansville, Inc.

FY2015 Community Health Needs Assessment for Vanderburgh County - Update from original FY2013 Report

Collaborative Assessment by: St. Mary’s Medical Center, Deaconess Health System, ECHO Community Healthcare, United Way of Southwestern Indiana, Welborn Baptist Foundation, Inc. and Vanderburgh County Health Department
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An electronic version of this Community Health Needs Assessment is publically available at www.stmarys.org/CHNA.
OVERVIEW
INTRODUCTION

Evansville’s two health systems began laying the foundation for a new community needs assessment in 2010. Tim Flesch, CEO of St. Mary’s Health System and Linda White, CEO of Deaconess Health System agreed that it made sense for the local hospitals to share a common needs assessment for planning purposes. St. Mary’s and Deaconess then extended an invitation to ECHO Clinic, a Federally Qualified Health Center, the United Way, and the Welborn Baptist Foundation to become co-sponsors of the assessment.

Each of the sponsors has a specific role to play. The Welborn Baptist Foundation maintains a needs assessment of its own that is broad in scope. Healthcare is one section of that assessment and, as such, the Foundation is supportive of local healthcare providers taking a deeper dive into the health needs of the population. The two documents complement one another.

Like the hospitals, FQHCs are required by the Patient Protection and Affordable Care Act (PPACA) to develop a needs assessment and an implementation strategy. The United Way has a specific interest in the unmet health needs of low-income households. So, the design of the needs assessment incorporated the community as a whole, as well as the ability to look specifically at the needs of households in the FQHC neighborhood and among lower income families.

CHNA ONGOING WORK

St. Mary’s has used the Community Health Needs Assessment process as an opportunity to gather local experts in each of the four focus areas (identified from the FY2013 CHNA root cause analysis) together and discuss these issues as a community with ongoing meetings throughout the year. The ability to communicate resources quickly to members in the community is a benefit of this project. Through the CHNA work in the four focus areas, 158 members are now sharing information, including needs and resources, with one another.

FY2013 CHNA ROOT CAUSE ANALYSIS

A cross-walk of root causes to clinical issues (shown in the table below) indicates that all of the clinical issues that have emerged as priority needs would benefit from strategies focused on four root causes:
1. Tobacco Use
2. Obesity
3. Substance Abuse
4. Mental Health

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These four areas received a more in-depth assessment, resulting in the development of an implementation strategy. Between August, 2012 and December, 2012, the five assessment sponsors gathered appropriate agencies, providers, and community leaders together to review each root cause assessment and discuss possible implementation strategies having highest impact potential. A brief summary of potential strategies follows, each having possible application as a policy/system/environmental (PSE) strategy. (See the Root Cause Report beginning on pg. 10 and Implementation Strategy on pg. 31 for the FY2015 update).

INTEGRATED SCORECARD

In addition, to root cause analysis and the implementation strategy, there is an integrated scorecard that has been developed to track ongoing metrics and strategy. The scorecard tracks all four root causes and metrics to support the collaborative and engage and drive change in the community to reduce tobacco use, obesity, substance abuse and support those in need with mental health (See the Integrated Scorecard Section on pg. 37 for the FY2015 update).

IMPLEMENTATION

The primary strategy is to continue and extend the collaborative developed through the Community Health Needs Assessment. The strategy is to truly collaborate with lead agencies and organizations for the next three years to implement strategies and tactics to support the four root causes of our identified areas of need. The primary stake holder for each of the four roots causes are:

- Tobacco: Smoke-free Communities | 800-Quit-Now
• Obesity: Welborn Baptist Foundation
• Mental Health: Deaconess Health System, Southwestern Mental Health, Lampion Center and the System of Care Coalition
• Substance Abuse: DrugFree.org

**FY2015 SUCCESS**

• 78 Implementation Tactics - 77 successful / 1 pending / 0 not completed
  o Successful - Examples include:
    ▪ Promotion of QuitNowIndiana.com to patients as well as DrugFree.org and exceeding the goal of 100 clicks to each site from the stmarys.org website
    ▪ Child Abuse – Vanderburgh and Warrick both had a total number of substantiated Physical and Sexual Abuse cases below the FY16 goal. For Vanderburgh, the percentage of substantiated cases for all three types of abuse (Neglect, Physical and Sexual) are below or meeting the goal for FY16. For Warrick, the percentage of substantiated cases for Physical and Sexual abuse are below or meeting the goal for FY16.
    ▪ Added the Healthy Vending machine as a pilot program at St. Mary’s Medical Center to promote healthy snacking
    ▪ Sponsored the Jacobsville Park renovation, which brought the community a built environment to encourage play and movement to reduce childhood obesity
  o Pending
    ▪ A communication is not yet scheduled to go out to dentists until later this year regarding substance abuse and overprescribing of medications. Once this communication is sent, this tactic will be completed.

• While tactics have been launched, many of these problems developed over several years and will require time to hit the desired outcomes and scorecard metrics for our community such as reduction in obesity.

**STRATEGY SESSIONS**

After the final report for the collaborative Community Health Assessment (CHNA) the team decided to continue the stakeholder group meetings. The following four groups meet ongoing throughout the year with the identified agencies and all stakeholders of the CHNA to develop better partnerships toward building a healthier community. When the groups first began meeting after the final report, each group would met twice a year. However, in 2014 some changes were made to the frequency which meeting take place as well as to the structure of the strategy session groups. Beginning in the fall of 2014, the mental health and substance abuse groups combined into one group as the participants were nearly identical for each group. The tobacco group continues to meet twice a year, but all the additional community work being done was shifted over to Smoke Free Communities. Smoke Free Communities is
already doing all of the related work around this initiative and creating another work group would have been redundant and duplicated efforts. The Obesity group added an additional yearly meeting and meets at least 3 times per year currently. A list of the FY2015 group attendees and meeting details are listed in the section Strategy Sessions Participants.

- Tobacco
- Mental Health
- Substance Abuse
- Obesity

**ADDITIONAL STRATEGY ENGAGEMENT AND OPPORTUNITY**

In addition to the original collaborative strategy plan, there have been key opportunities to engage in additional initiatives that demonstrate efforts above and beyond the initial strategy. These initiatives are listed in the section titled *Additional FY2014 - FY2015 Strategy Initiatives* and pertain to the four identified focus areas. Other *Additional St. Mary’s Community Health Initiatives* that do not necessarily pertain to the four focus areas, but still reflect St. Mary’s engagement with community needs are listed in the Reports section as well.
ROOT CAUSES REPORT
**Tobacco Report**

Reducing tobacco usage in the community is primarily driven by the continued efforts of Smoke-free Communities through consumer education and advocacy. The additional community work being done was shifted over to Smoke Free Communities. Smoke Free Communities is already doing all of the related work primarily around this initiative and creating another work group would have been redundant and duplicated efforts. St. Mary’s will continue to support their efforts and the combined efforts through the Healthy Communities Partnerships of Southwest Indiana which was funded by a Community Transformation Grant (CTG). As of January 2015, the CTG Grant funding will not be continued.

**CARE Partners**

St Mary’s continues with a comprehensive smoking cessation program. This program will become available to independent physicians in the community this year through CARE Partners, our CI-PHO. We will be able to capture the tobacco use for this larger population of the community and the goal is to reduce tobacco use in our measured population by 5%.

**QUIT NOW**

The Indiana Tobacco Quitline is a free phone and text-based counseling service that helps Indiana smokers quit at 1-800-QUIT-NOW (800-784-8669). Services are available 7 days-a-week in more than 170 languages. A trained quit coach will work to provide tailored solutions. Services include:

- One on one coaching for Tobacco Users who have decided to quit
- Resources for Healthcare Providers who want to improve patient outcomes
- Best Practices for Employers who want to implement smoke-free policies
- Support for Family and Friends who want to help loved ones stop smoking
- Tools for Tobacco Control partners to complement their current programs

As part of the cessation program, St. Mary’s has designated all of their physicians as physician providers of the Indiana QUIT NOW line. They have forms to sign up patients through fax and printed PDFs are available in our electronic health record (EHR). After the implementation of a new EHR in February 2014, physicians gained the ability to send direct referrals to Indiana Quit Now line through the EHR. In addition, collateral material and education resources were integrated into the system so that the same resources would be available across the health system. St. Mary’s has also used the provider services for primary care, cardiology, and pulmonary, respiratory therapy. Through our St. Mary’s at Work, quit now resources are offered to associates and employers are also offered services.

For consumers, the QUIT NOW link has been listed on the St. Mary’s web site home page, on digital TV screens throughout the hospital and on area billboards. St. Mary’s is heavily focused on this campaign during November for Lung Cancer Awareness, but has had ongoing messages through social media such as Facebook and Twitter.
Asthma Care Team
St. Mary’s Asthma Care Team consists of about 30 persons, both internal and from the community, who are working to reduce and improve Pediatric Asthma in the community. When patients present to St. Mary’s ED, Urgent Care or are hospitalized, a referral is triggered for follow-up with the family who is provided supports through supplies, an environmental survey or education (such as education with parents about not smoking in the home, referrals for parents to the health department for smoking cessation programs etc.) There is also coordination of appointments and communication with physicians and schools to create a greater safety net around the patient and family. Current data from the program shows a statistically significant decrease in the number of pediatric asthma patients.

Vanderburgh County Health Department
The Vanderburgh County Health Department collaborates and works with the community to reduce tobacco usage. St. Mary’s promotes courses for tobacco cessation from the Health Department in publications such as the Live Well Evansville Magazine etc.

Lung Cancer Screenings
Deaconess and St. Mary’s have a formalized low dose CT (LDCT) Lung Cancer Screening program. St. Mary’s provides outreach through pulmonologists to not only local, but regional referral hospitals. Education and marketing to St. Mary’s primary care physicians was provided on how to identify and screen appropriate patients with a low dose CT. The screening, performed with low-dose CT, can help detect lung cancer at its earliest, most treatable stages, reducing lung cancer deaths by as much as 20%. As with all low-dose CT lung cancer screenings, results are reviewed locally by either St. Mary’s or Deaconess’ Multidisciplinary Lung Nodule Review Board.

For consumers, St. Mary’s established through the customer relationship management (CRM), a program for patients identified as heavy smokers.

Heavy smokers are:

- Anyone between the ages of 55 and 74 and has been a heavy smoker
- Current or former smoker who quit less than 15 years ago
- Smoke a pack a day for 30 years or 2 packs a day for 15 years, etc.
- Or have symptoms that may include chronic cough, chest pain, voice hoarseness, shortness of breath, coughing up blood. Not all individuals may show any of these symptoms.

These individuals will receive a letter from their primary care physician encouraging a LDCT Lung Cancer Screening. They also received a follow up direct mail explaining all of the dangers of Lung Cancer as well as the high relativity of significantly better chances of outcomes with early detection.

St. Mary’s Health Staff
All St. Mary’s locations are smoke-free, but in addition yearly health screens are done for employees. A part of this screening are questions around risk and tobacco usage. St. Mary’s has implemented that
individuals with a score above a particular threshold due to high risk health behaviors (i.e. higher BMI, tobacco usage) pay a higher health insurance premium penalty.

During the month of November (2014), St. Mary’s with Smoke Free Communities ran an internal campaign for smoking cessation. Associates, who could quit smoking for 30 days and had a negative cheek swab at the end of the thirty days, were able to enter to win a Keurig Coffee system. Twelve associates participated in the contest.

**St. Mary’s Warrick Hospital**

St. Mary’s assisted in applying for a Community Transformation Grant (CTG) to provide community sponsored education resources and outreach for Warrick County. Partners were Smoke-Free Communities and the lead agency, University of Evansville. Unfortunately, due to state budget cuts, Warrick County was not awarded the grant funds.

**Concerns**

- **Policy**
  - In February of 2014, The Indiana State Supreme Court overturned the Smoke-free ordinance in Evansville. In a 3-2 decision, the court deemed that the ordinance violates the Indiana Constitution’s Equal Privileges and Immunities Clause. The court ruling will make it allowable again to smoke in fraternal clubs and some bars or taverns that do not allow people under 21. The change of the ordinance does raise concern if the success over the last few years in reducing tobacco usage could foresee an upturn.
  - The increased use of e-cigarettes brings additional concern as there is lack of regulation, policy and data. When the original plan was developed, e-cigarettes were not yet a major player in the market and therefore were not addressed.

- **Funding**
  - The Community Transformation Grant funding from the past 2 years has expired without renewal for support of smoking cessation. On July 1, 2011 the Indiana Tobacco Prevention and Cessation became part of the State Health Department. Tobacco reduction and protection from secondhand smoke exposure will now be further integrated into many existing State health promotion programs, such as cancer prevention, oral health, asthma care, maternal/prenatal health, cardiovascular health, minority, women’s, and children’s health. The TPC Commission looks forward to continuing to serve Hoosiers in the fight against tobacco use and secondhand smoke exposure. The funding for Vanderburgh and Warrick Counties were significantly reduced for 3 local advocates and educators to one full time equivalent.
Obesity

A community group was formed as a result of the CHNA identifying Obesity as a root cause and has been organized to look at the needs and resources in our community. There are 24 organizations who agreed to participate. Reducing obesity usage in the community is primarily driven by the continued efforts of the Welborn Baptist Foundation through efforts like their programs targeted through consumer education and advocacy. St. Mary’s will continue to support their efforts and the combined efforts through the Healthy Communities Partnerships of Southwest Indiana which is funded by a Community Transformation Grant (CTG).

HEROES

To help Tri-State schools’ efforts to address the Centers for Disease Control and Prevention’s Eight Components of a Coordinated School Health Program, Welborn Baptist Foundation supports the HEROES program to provide financial and guiding support to elementary, middle, and high schools so that they can commit, implement, and evaluate their own school’s health, based on the CDC’s research-based and proven Coordinated School Health (CSH) Model. HEROES stands for Healthy, Energetic, Ready, Outstanding, and Enthusiastic Schools. Schools in Gibson, Perry, Posey, Dubois, Spencer and Vanderburgh in Indiana, Wabash and White in Illinois, and Henderson in Kentucky have participated in the HEROES program.

Move·ment

Move·ment is a healthy community initiative. The Welborn Baptist Foundation envisions a coalition of multiple, engaged partners, leading an effort aimed at increasing physical activity and healthy eating. Welborn Baptist Foundation has committed to hiring a full time staff person as well as funding resources for capacity building and social market messaging. In 2008, Welborn Baptist Foundation convened an Advisory Committee charged with assisting in the development of a long term strategy to bring lasting change to our community. Local leaders in health care, education, business, and not-for-profits were brought together and asked to review best practices as they prioritized areas to be targeted in the first phase of the Move·ment initiative. Next, smaller subcommittees consisting of professionals across disciplines helped guide the strategy development for each of the priority areas. In the pages that follow is the resulting Blueprint: A Community’s move·ment.

The blueprint provides a framework to begin addressing healthy lifestyles by offering six priority areas, an objective for each, strategies, and potential actions. Although there are other issues that could be addressed, this serves as a starting point for years of work to come. The move·ment priority area statements include:

- **Built Environment** - Safe neighborhoods, complete streets, good urban design, and open space support physical activity as part of everyday life for all ages.
  - Evansville’s (Vanderburgh County) North Main Complete Street Project - The proposed multimillion dollar overhaul of Evansville’s North Main Street plan is to help encourage more physical activity specifically bicycling. This project helps
provide direct connection from downtown to Garvin Park with a safe biking environment. The $13 million plan is a makeover of the street from the Lloyd Expressway to Garvin Park. From Division to Maryland streets, the bike path will be segregated from the road by a cement curb which will remove on-street parking on the east side of North Main Street from Franklin to Maryland streets.


- Jacobsville Park – St. Mary’s helped sponsor the large scale renovation of Jacobsville Park located in an at risk, high poverty community. The park opened in June of 2015. A local high school student made the Jacobsville Park transformation his Eagle Scout project, effectively making this the largest Eagle Scout project in the history of the city of Evansville. This park provides the community a built environment to encourage play and movement to help reduce childhood obesity. The park organizers asked the community what it wanted, and one of the features was a bike rack. Bikes are constantly stolen from children in this area, so this was included in the park. St. Mary’s also gave out bike helmets at the park opening ceremony to encourage bike riding and bike safety. Bike locks were also provided by a local bike organization. Kids helped build the park by helping shovel dirt and mulch.

http://www.tristatehomepage.com/story/d/story/aspiring-eagle-scout-turns-forgotten-park-into-com/35406/Ar4pIdzSkWXx7b0ljW6mA
• **Food Access** - Healthy, fresh, and locally grown food is available, affordable and accessed throughout the community.

• **Child Care and School-Age Settings** - Child care and school-age organizations promote healthy foods and beverages as well as physical activities and incorporate them throughout the day (including before and after school).

• **Worksite** - Workplaces and employers offer and promote opportunities for improving health status with an emphasis on healthy eating and physical activity.

• **Organizations, Institutions and Individuals with Influence** - Organizations, institutions, and individuals with influence will model and promote healthy eating and physical activity.

• **Faith-Based Community** - The faith-based community will promote the message of healthy living by proclaiming the body as a spiritual gift from God to be used in His service.

**Upgrade**
Upgrade is an initiative of the Welborn Baptist Foundation to encourage movement, exercise, drinking water and better nutritional choices. The awareness campaign focused on identifying areas where individuals can make small tweaks to their daily routine or lifestyle to promote better health. The campaign used the slogan “Upgrade. You, only Better.” Types of “Upgrades” promoted included drinking more water, taking the stairs, moving for ten minutes, going for a walk, switching to skim milk, parking farther from building entrances etc. Upgrade signage was installed throughout various community locations. While the campaign has ceased, the signage installed still remains. St. Mary’s implemented a healthy lunch option though Upgrade that is less expensive and available at both St. Mary’s Medical Center and St. Mary’s Warrick hospitals to incentivize the choice of healthier food to associates and visitors. Calorie counts and nutrition information is also posted at St. Mary’s Medical Center.

**Healthier U**
Starting in 2011, Deaconess began the Healthier U Walks. The program encourages exercise but also provides people with the opportunity to explore new places to walk with the safety of a “tour guide” and a group to walk with. A lot of people are hesitant to walk, because they don’t want to go alone to parks/trails. The program also rotates through different trails or walking paths in Evansville to help identify areas, new for some, for exercise in the city. For 12 Saturdays May through July, individuals will meet each week at a different park or walking trail to walk from 9-10am. Strollers and leashed pets are welcome to encourage attendance. Eastland Mall is used as a location for rainy days and market presence for walking awareness.

**Fruits and Vegetables Evansville (FAVE)**
As a new pilot program in 2014, St. Mary’s and Deaconess along with Welborn Baptist Foundation and the University of Southern Indiana partnered to bring fresh fruits and vegetables into certain areas within the community for better access to fresh produce. The pilot ended in April of 2014 and is currently defunct. This program was a successful project that is seeking sustainability.
FAVE Total Production/Sales
A local market inventory and sales tracking records were recorded and retained by the market managers throughout the 8-week pilot program. The purpose of these records is to identify to what extent the mobile markets are providing fresh produce into the targeted communities. Data collected weekly provides indicators towards the effectiveness (across all weeks of the pilot program) of the FAVE initiative and its projected long term outcomes (i.e., providing improved access to healthy foods).

FAVE sales inventories provided information on patterns of consumption by mobile market patrons.

Fruits were more popular than vegetables (See Graph 1.5)
A greater variety of vegetables were offered for purchase (compared to fruits)
Bannanas were (by far) the item purchased most frequently
Spinach (1# bag) was the most popular leafy-green
Idaho potatoes were the most frequently purchased vegetable
Romaine Lettuce was the least-popular item

Graph 1.5: FAVE sales Inventory across the 8-week pilot program.
FAVE sales tracking records provided information on the weekly itemization of sales and productivity.

On average, FAVE sales totaled $300.00 per week
Week 1 of the FAVE Mobile Markets had the largest number of overall sales
Weeks 3 and 4 had the least number of overall sales (see Graph 1.6)
Week 5 had the greatest increase in sales from one week to the next

Graph 1.6: Weekly Sales Totals across the entire 8-week pilot program

Community Gardens
In addition to the mobile markets, the Fresh Produce Initiative sought to increase access to healthy foods by supporting the launch of community gardens in Vanderburgh County. In total, 6 community gardens supported by the Fresh Produce Initiative are underway. The locations for these FPI supported gardens include: Franklin Street, New Hope Missionary Baptist Church, CK Newsome Center, Koch Family Children’s Museum and Culver Early Learning Center.

FAVE Program Sustainability & Moving Forward
Near the end of the pilot of the Mobile Markets, the WBF partnered with representatives from the New Hope Missionary Baptist Church to mobilize markets in conjunction with their fresh produce marketplace (Harvest of Hope). From this partnership three mobile markets were initiated on June 20th, 27th, and July 11th at the Kennedy and Buckner locations (Census Tract 17). Due to limitations in capacity Harvest of Hope is no longer running and this collaboration ended.

Moving forward, WBF remains committed to the objectives set forth by the Fresh Produce Initiative including the establishment of a mobile market within Vanderburgh County. It is unknown to what extent a partnership structure will be developed, or what resources will be put forth to the realization of this project.

EVSC Physical Education Grant
St. Mary’s has partnered with EVSC through a Carol M White Physical Education (PEP) federal grant for several years which provides educational resources for teachers and children to experience fruits and vegetables as well as offers other programs such as outpatient dietitian services and Organ Wise Guys, etc.
Annual Diabetes Camp
The St. Mary’s outreach dietitian provides education and expertise to youth with diabetes at the annual diabetes camp.

No Fry Zone
Deaconess made concerted efforts to increase the number of healthy eating options available at their campuses in Vanderburgh and Warrick, Counties. In 2014, they became a “no-fry” zone, disposed of fryers and invested in new equipment that baked food, but maintained crisp textures. This benefits employees, patients and visitors by providing healthier menu options.

Wise Choice
Deaconess Hospital and the West Side Nut Club collaborated to provide a 'Wise Choice' Fall Festival munchie map starting in 2013. This street festival in Evansville (Vanderburgh County) has been said to be the second largest street festival next to Mardi Gras and draws over 200,000 individuals each year. The festival is known for their deep fried and other unhealthy options from 126 food vendors. The Wise Choice map features food items from 21 booths that are low calorie, low fat, and low sodium. Healthy Fall Festival food options were analyzed by a team of certified Deaconess Dietitians.

St. Mary’s Farmers Markets
- Vanderburgh - St. Mary’s successfully offered a Farmers Market on the St. Mary’s Campus every Thursday through July and August in 2013 and 2014. The Farmers market is scheduled to continue in 2015.
- Warrick – St. Mary’s Warrick Hospital hosted a farmers market on their campus in 2013 and 2014, but for 2015 is merging with the local farmers market hosted by the Purdue Extension to be able to provide a more collaborative, visible and accessible presence. In 2014, St, Mary’s sponsored yard signs for the farmer’s market.
  https://extension.purdue.edu/Warrick/Pages/article.aspx?intItemID=10020

Deaconess Farmers Markets
- Warrick – Deaconess Gateway and The Women’s Hospital successfully offered a farmers market from July through mid-October on Tuesdays in 2013 and 2014 and will continue the farmers market again through the summer in 2015.
- Vanderburgh – On Wednesdays, during the months of July through mid-October, Deaconess Hospital and Deaconess Clinic – Downtown, also hosted a Farmers market in 2013 and 2014 and will continue to offer the farmers market again in summer 2015.

Meals on Wheels
Meals on Wheels of Evansville offers nutritionally appropriate and proportioned meals prepared under the direction of dietitians at Deaconess Hospital and St. Mary’s Medical Center for needy individuals of all ages. Meals can be specifically catered to an individual’s dietary needs based on a physician order. Meals on Wheels of Evansville, Inc is located on the St. Mary’s Medical Center campus. Additionally, St.
Mary’s provides nutrition and wellness information from two registered dietitians through the Live Well Evansville Magazine.

Live Well Evansville
St. Mary’s developed a blog and magazine in 2014 called Live Well Evansville that is leveraged and used throughout the community to promote healthy lifestyles.

- **Blog** – The blog – [www.livewellevansville.com](http://www.livewellevansville.com) - is written primarily by two of St. Mary’s employed dieticians and supplemented by evergreen content as well as community contributors such as 4C of Southern Indiana and others. They discuss healthy food choices and the blog is intended to grow to include wellness topics for the Body, Mind and Spirit.

- **Magazine** - The Magazine is supplemental to the blog, but offers a list of community programs such as prenatal care, safe drivers, support groups, as well as the Farmer’s Markets and other health and wellness components.

Menus
St. Mary’s reviews the menu and policies for St. Vincent Daycare as well as various other organizations when asked.

**St. Mary’s Wellness Center**
St. Mary’s Wellness Center is a place to find peace, balance and connection by focusing on the renewal of the whole person, with Body, Mind, Spirit classes, services and programs that include: Yoga, Tai Chi, Drumming & Guided Imagery, Integrative Health Coaching, Reflexology and Healing Touch, Specialized Women’s Health Physical Therapy Services, Men’s and Women’s Cancer Support Groups. St. Mary’s Wellness Center is located at Epworth Crossing in Warrick County, but serves both Vanderburgh and Warrick County residents.

**St. Mary’s Health Lives Fitness Center**
St. Mary’s offers an 8,000 sq. ft. gym/fitness facility to the community through membership purchase located on the main hospital campus in Vanderburgh County. Community members can access the fitness center Monday through Friday 5:30am – 8:30pm while St. Mary’s associates with membership have 24 hour access. The fitness center amenities include a free weight area, Cybex strength equipment, Kettle Bells, stability balls, BOSU, bands, and tubes as well as cardiovascular equipment including treadmills, Airdyne bikes, recumbent bikes, elliptical trainers, Steppers, Nu-step, stairmaster, and Total Body Arc Trainer. The Healthy Lives Fitness Center also offers group exercise classes and access to exercise videos.

**Deaconess Fitness Center**
The Deaconess Fitness Center is located in the downtown Evansville hospital and offers long operating hours from 5:00am – 12:00am daily including weekends and holidays. The Fitness Center offers a variety of Cybex weight training equipment, six treadmills, one stationary bicycle, two airdyne bicycles, three EFX elliptical cross trainers, a Stairmaster and two NuSteps. Each member, as a part of the orientation process, is properly trained to use the equipment. The center also offers a heated pool.
Healthy Vending Machine
In response to associate feedback, St. Mary’s recently purchased a refrigerated healthy vending machine to begin a pilot program that offers nutritious snack options such as Kind and Cliff bars, raisins, almonds, tangerines, organic oatmeal, cheese sticks, applesauce, fruit chews, apple chips and assorted healthier chip options. This machine is located in the basement of St. Mary’s Medical Center. Associates craving a tasty, yet nutritious snack are encouraged to stop by. If this vending machine does well, St. Mary’s may be able to offer similar machines in other locations.

Energize Evansville
Once a month, Deaconess partners with Energize Evansville (Mayor’s Office) and sponsors free fitness programs and activities such as Yoga and Zumba. These classes are also continued throughout the year at various city locations like Swonder Ice Rink, public pools and city parks.

Youth Weight Status
The referenced childhood obesity data was published in 2015 by the Welborn Baptist Foundation through their Tristate Community Wellness Indicators. The Tri-State Youth data shows encouraging weight trends for local youth from overweight moving from 16.8% to 16.2%, which is a significant change.

*Denotes Statistically Significant Change Source: Indiana University, Center on Education and Lifelong Learning, Indiana Institute on Disability and Community
www.iidc.indiana.edu : www.heroesinitiative.org

This data comes directly from the HEROES, (Healthy, Energetic, Ready, Outstanding, Enthusiastic Schools) initiative which is a prevention program based on the coordinated school health model and is funded by the Welborn Baptist Foundation. Weight and height were measured for this matched sample of close to 5,000 students from a combination of elementary schools, middle schools, high schools, and parochial schools throughout the Tri-State. Students were compared to themselves after 18 months of participating in the HEROES program. The data suggest that, after participating in the HEROES program, more students were in a normal weight range, fewer students were overweight and there was no increase in obese status, which suggests positive outcomes considering that state and national data continue to show increases in obesity rates. http://www.tristatecwi.org/healthyweight

Baby Friendly & Breast Feeding Support Group
St. Mary’s Hospital for Women & Children was designated as a Baby-Friendly Hospital by Baby-Friendly USA, Inc in 2014. The Baby-Friendly Hospital Initiative was launched in 1991 as a global program by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF). It is well documented that breastfeeding offers unmatched benefits for baby, mom and the entire family and can
prevent childhood obesity. St. Mary’s supports mothers through highly-skilled lactation consultants who offer inpatient/outpatient consultations and regular breastfeeding classes and support groups.

**Evansville Area Trails Coalition: Streets Alive**

St. Mary’s has been an active partner in the annual Streets Alive festival since its inception four years ago, providing bicycle helmets for kids to promote exercise and movement to reduce childhood obesity. Each year a team of St. Mary’s staff is at Streets Alive with bike helmets, fitting them on the kids and talking with kids and parents about the importance of wearing helmets to prevent injury. The St Mary's booth is always set up next to the Evansville Bicycle Club's bike "rodeo" where kids are taught safe riding skills. St. Mary’s continues to support and sponsor the Street Alive family fun day and the Evansville Area Trails Coalition.

**Concern**

- **Programs**
  - Due to budget constraints, St. Mary’s has removed its non-surgical weight loss program, HMR. This was a medically supervised program that was offered to those that wanted a less invasive option or that were not a candidate for surgery. The community still has a host of options for medically supervised non-surgical weight loss, including a chiropractic physician office in Newburgh, IN as well as through Deaconess Weight Loss Solutions.
**Substance Abuse & Mental Health**

Originally, two community strategy groups were initially created to focus on the needs of substance abuse and mental health separately. However, the membership of each group was largely the same, so therefore these groups were combined into one group with St. Mary’s facilitating. This group meets every 2 months and includes 63 persons who are involved in Mental Health/Substance Abuse in our local and regional community. Included in this group are representatives from the Evansville Mayor’s office, both local hospitals, the Vanderburgh County Health Department, ECHO (our local FQHC), local universities, 3 school systems, Evansville State Hospital and youth care center, Southwestern Behavioral Services, and various other private mental health organizations.

Reducing substance abuse usage and assisting those with mental health at times is a close partnership. Many people seen in the community with substance abuse problems are those with mental health problems as well. St. Mary’s is primarily driven by the continued efforts in collaboration of Deaconess Cross Pointe, Southwestern Mental Health and Lampion Center. Due to improved information sharing through the strategy sessions, communication and coordination of mental health services has improved. Mental Health America, through this information sharing process, has been identified as an available advocate and has an established Evansville location as well.

**Community Education**

The collaborative is using [www.drugfree.org](http://www.drugfree.org) as the conduit for community education. The site offers many online resources such as brochures and education. There is also a focus on prescription drug usage and reducing access for teens and awareness for parents. The resources are very accessible and even offer an abstinent program.

**Child Abuse Task Force (Vanderburgh & Warrick)**

The St. Mary’s Health Child Abuse Task Force Team was established in 2011 to serve children with suspected or known child abuse. The focus of the program is to compassionately care for children who are otherwise not provided with optimum care in a safe environment. Community partnerships are vital to the success of this program. Physicians in all parts of the St. Mary’s Health System collaborate with nurses, social workers, case managers, physical and occupational therapists, and chaplains to provide a multidisciplinary team approach. Partnering organizations outside of the health system (child protection services, law enforcement, counseling and support services) have joined together to form a community task force. The team conducts monthly reviews of cases which allows for direct communication between the medical and non-medical community. The monthly reviews have eliminated communication barriers that previously existed allowing interaction and discussions to take place so that all parties can work together to better serve and advocate for children with suspected or known child maltreatment. Awareness of the St. Mary’s Health Child Abuse Task Force Team has spread within our health system and the community. The initiative has grown to more than 60 participants and represents a multidisciplinary team from the health system and partner agencies including Deaconess, Vanderburgh County Health Department, ECHO Community Health Center (FQHC) the Prosecutors Office, Department of Child Services, and Sherriff’s office, etc. Efforts of the task force have also included increased
awareness to identify, report and prosecute child abusers.

**Kempf Bi-Polar Support Group**
The Kempf Bipolar Wellness Center and Mental Health America join efforts to facilitate the Bipolar Support Group meetings. Meetings are held from 7:00 to 8:30 p.m. the first and third Wednesday of each month in the Kempf Bipolar Wellness Center, located on the third floor of St. Mary's Rehabilitation Institute. The meetings are free and no pre-registration is required. The support group gives individuals the opportunity to reach out to others and benefit from the experience of those who have "been there" and help motivate individuals to follow treatment plans. The support group also provides a forum for mutual acceptance, understanding and self-discovery.

**Indiana System of Care Coalition**
The coalition for Vanderburgh and Warrick that consists of Southwestern Behavioral Health (Southwestern Indiana Mental Health Center), Evansville State Hospital, Deaconess, St. Mary’s, Evansville Psychiatric Children’s Center, focuses on care of persons and families of persons with a mental illness diagnosis. Support services are provided to the patient and family. St. Mary’s currently has two associates who sit on this committee to represent youth and family support services from St. Mary’s.

Indiana is actively working to improve the access to and quality of behavioral and mental health services for youth and families. DMHA's mission is "to ensure that Indiana citizens have access to quality mental health and addiction services that promote individual, family and community resiliency and recovery." A State priority intended to assist communities in reaching this goal is expansion of evidence-based practices and the adoption of a System of Care (SOC) strategy to behavioral and mental health service delivery in Indiana. The state’s overall, long-term strategic goals to improve its SOC include the following:

- Local resource for providers and families needing information about the full-array of services available to SED youth within the SOC area/region.
- Distribute information about potential State and Federal funded intensive community-based wraparound services available for youth and families.
- Point of access for referrals and families seeking treatment alternatives to PRTF/SOF levels of care.
- Assist in determining youth/family eligibility for state or federally funded community-based wraparound services.
- Assist in the recruitment of DMHA-certified service providers of intensive community-based wraparound services.
- Remain knowledgeable about and compliant with state and federally funded service programming policy, procedure and state expectations for the Access Site role in assisting youth and families in accessing the community-based wraparound services.

[http://www.in.gov/fssa/dmha/2754.htm](http://www.in.gov/fssa/dmha/2754.htm)
Respite Care
Deaconess’s Homeless Medical Respite program began November 14, 2014. Deaconess has helped establish and fund the respite program at the United Caring Shelter in downtown Evansville. The one-year pilot program will provide a safe place for homeless men to rest and recover following an inpatient stay at Deaconess Hospital or Deaconess Gateway Hospital. The 6-bed respite is physically located on the second floor of the United Caring Shelter, Ingle Street between 5th and 6th, in a separate part of the Emergency Night Shelter. United Caring Services will provide meals, bathroom facilities, and a safe and sanitary environment for these men up to six weeks. Community agencies such as ECHO Health, Aurora, etc. will provide wrap-around services that address homelessness, just as they do for the other guests at the shelter. The Homeless Medical Respite Program grew out of the collaborative analysis of homelessness in Evansville called "Destination Home" and was identified as a need in the published 2013 Community Health Needs Assessment. That analysis identified the need for a "discharge plan to prevent release from a publicly funded institution resulting in immediate homelessness."

CARE Partners
CARE Partners will provide, at no cost, in home intervention by experienced registered nurses for patients with chronic disease that have been identified to have mental health and behavioral issues complicating their chronic disease care. With individualized intervention, we will address the codependent variables keeping each person from achieving their best state of health. The goal outcome is reduced hospital readmissions.

Prescription Drug Utilization
INSPECT (Indiana Scheduled Prescription Electronic Collection & Tracking Program) is Indiana’s prescription drug monitoring program (PDMP). INSPECT collects and tracks controlled substance prescriptions that are dispensed to Indiana residents. This data is then made available to medical practitioners and law enforcement to access under certain conditions. Indiana law requires physicians to query Indiana’s prescription drug monitoring program (INSPECT) at the outset of an opioid treatment plan and at least annually thereafter. INSPECT will allow physicians to see if a patient is obtaining controlled substances from multiple practitioners and/or multiple pharmacies, which is known as “doctor-shopping.” A healthcare practitioner accessing INSPECT and obtaining Rx History Reports will be informed of the complete controlled substance history of their patients. Rx History Reports are usually immediately available moments after the request is submitted. The report assists practitioners with patient evaluation and in determining the best treatment and care for a patient. A report may give a practitioner confidence in prescribing a controlled substance to a patient or may deter the practitioner from writing a prescription for a controlled substance altogether.
http://www.in.gov/bitterpill/2360.html

St. Mary’s and Deaconess has increased use of Indiana INSPECT by Emergency Room and Primary Care physicians to screen patients to make sure patients do not have multiple prescriptions for narcotics before prescribing. Pain Management physicians at Deaconess test patients to insure they have the
prescribed medication in the bloodstream and to insure they are compliant with physician orders. Pharmacists are also using Indiana INSPECT to prevent multiple prescriptions to the same individual for narcotics.

The 2013 IPLA INSPECT Knowledge and Use Survey indicates that in the last 12 months in Indiana 35.7% of prescribers have changed their prescribing practices related to controlled substances and of those prescribers 56.6% of prescribers changed their prescribing practices due to INSPECT providing greater access to patient prescription drug history.

Legislation
The most current draft of Indiana’s Emergency Pain Regulations mandates a measured approach when providing pain care, i.e. Where medically appropriate, the physician shall utilize non-opioid options instead of prescribing opioids. The legislation clearly states the following is appropriate practice guidelines:

- Prescribing Non-opiates where appropriate.
- Follow up visits should occur prior to a refill to discuss treatment plan, counsel and provide drug monitoring.
- Treatment agreements will be established between patients and physicians that they will take the prescribed medications. Also, that they will be tested to insure they are using these prescriptions. This is to insure the patients are using and not distributing opioids.
- Drug Monitoring will occur and if the patient does not have the prescribed medications or have more than medically necessary they physicians can discontinue seeing the patient

Drug Task Force
There has been a concerted effort to reduce mass production of meth. The Evansville-Vanderburgh County Drug Task Force is an investigative unit formed through a partnership between the Evansville Police Department, Vanderburgh County Sheriff’s Office, and Vanderburgh County Prosecutor’s Office. The task force is staffed by one sergeant and seven officers and investigates drug offenses that occur within Vanderburgh County, Indiana. Deaconess, St. Mary’s and ECHO are all are supportive in this work and have discussed with the Evansville Drug Task Force, mayor’s office, sheriffs from two counties and others how to place stop gap measures in a cycle of mental health, crime, incarceration, and release back into the community rather than treatment. Additional work has been done through the creation of Evansville Mayor’s No Meth Task Force.
Bitter Pill Statewide Awareness Campaign for Prescription Drug Abuse
http://www.in.gov/bitterpill/2360.html

Shortly after the completion of the collaborative’s Community Health Needs Assessment in 2013, the State launched the Bitter Pill Campaign, which is a statewide public awareness campaign aimed at prescription drug abuse. Statistics show that abuse and misuse among all age groups is a serious problem in Indiana. In 2011, 718 Hoosiers died from accidental drug overdoses, compared to 654 deaths the year before, according to the Indiana State Department of Health. More people abuse prescription drugs in the U.S. than cocaine, heroin, hallucinogens and inhalants combined, according to the National Institute on Drug Abuse. http://thestatehousefile.com/bitter-pill-website-provides-info-about-prescription-drug-abuse/12850/

Mental Health First Aid

Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis. Mental Health First Aid teaches you:

- Signs of addictions and mental illnesses
- 5-step action plan to assess a situation and help
- Impact of mental and substance use disorders
- Local resources and where to turn for help

On May 1, 2015 the collaborative applied for a Youth Mental Health First Aid federal grant to expand the existing program to provide more instructors and to train more people in Mental Health First Aid like youth ministers, faith based volunteers, united way programs and nonprofit organizations, school teachers, and to allow for more recognition for awareness and assessment. This training also helps them identify the most appropriate resources: emergency room, counseling, primary care, etc. for an individual. The assessment also helps those trained in Mental Health First Aid understand and assess the
situation. Then, the individual may determine if the situation needs to be escalated, and if so then appropriate intervention is provided at the right time.

**Crisis Intervention Team**

In 2009, officers with the Evansville Police Department were trained as Crisis Intervention Team officers (CIT). CIT Officers receive 40 hours of training in dealing with persons who are mentally ill and in need of assistance. Officers trained for this assignment are from the Patrol Division, School Liaison, and Crisis Negotiators. In working closely with the mental health community, the Evansville Police Department has provided officers with training and understanding to better deal with persons in a mental crisis situation. This training continues on a yearly basis and is still a critical component for our officers to address and better work with individuals with mental health disorders.


**Centering Pregnancy**

In 2014, The March of Dimes awarded a grant to Deaconess Family Medicine Residency to support “centering pregnancy” in Vanderburgh County. Centering Pregnancy is a multifaceted model of care that gathers 8 to 12 women of similar gestational age to meet together on a regular basis to learn care skills, develop a support network, and receive education on maternal and infant topics.

Through the Family-Centered Maternity Care program, Deaconess Family Medicine Residents utilize well-researched methods to reduce risk for preterm labor, increase birth weights, and increase breastfeeding initiation in patients. Peer support and prenatal case management will play a huge role in the program and help reduce the chances of substance abuse, domestic violence, and child abuse and neglect.

**Youth First**

The Family Foundation program is a 4 week course offered at St. Mary’s Women’s & Children’s Hospital as well as other alternating locations for 1 hour each session. This free and fun-filled program is designed to help expecting couples establish positive parenting skills and adjust to the physical, social and emotional challenges of parenthood. This program is proven to help couples maintain strong family bonds, reduce stress and raise healthy, well-adjusted children. The first half of the program is facilitated prenatally in the third trimester, and the second half of the program is facilitated after the baby is born to sharpen and extend skills as they are put into practice.

**WIC Prenatal Substance Abuse Prevention**

Warrick County’s WIC program is located at St. Mary’s Warrick Hospital in Boonville, IN. As part of the new client assessment for WIC, recipients are screened and identified through questions about smoking usage. WIC mainly focuses on smoking cessation as part of prenatal substance abuse prevention. Educational materials and referrals are provided on a local level for smoking cessation programs as well as to the Indiana Quit Line. WIC educates on the effects of smoking and substance abuse during pregnancy and also educates on the effects of second hand smoke to infants and children living in the home and during pregnancy.
Concern

- **Access** - There is a lack of access for residential rehab recovery for adults and no existence of a program for adolescents in Vanderburgh and Warrick Counties.

- **Homeless** - The 2000 ECHO Homeless Survey identified 3,051 households over the course of the year in Evansville as homeless or at-risk of immediate homelessness (in need of financial assistance to prevent eviction or living with others due to lack of resources for own housing). On average there are at least 450 individuals in shelter or transitional housing on any given night in Evansville. (From HMIS and estimated non-HMIS users; Updated September 2011) Over a third of these individuals are children under the age of 18. Uncounted others (at least 100) are living in places not meant for habitation or are doubled-up due to an inability to find safe, clean, affordable independent housing. (HMIS; updated September 2011). The 2000 Census documented that Vanderburgh County had a higher percent of homeless persons per capita than any other Indiana county.
Additional St. Mary's Community Health Initiatives

**Health Camps for Children:** These camps provide children the opportunity to learn about their illness in a fun, safe and supportive atmosphere. These Camps include Camp NottaGonnaWheeze (Asthma Camp) and Camp INdependence (Diabetes Camp). St. Mary’s associates participate directly with the children in addition to financial support.

**Back To School Blitz:** St. Mary’s is a founding partner of Evansville’s annual Back to School Blitz, an event that provides free physicals and immunizations for children who are uninsured or underinsured. Each year, volunteers from St. Mary’s, ECHO, USI, EVSC and the Vanderburgh County Health Dept. coordinate and implement this one day event.

**Involvement with local School Based Health Clinics:** St. Mary’s has worked with EVSC, USI, ECHO and Southwestern Behavioral for years to research and implement school based health clinics that operate on school campus yet serve the local communities. St. Mary’s has provided support through providing Electronic Health Record, physician oversight, steering committee involvement, insurance application assistance and other.

**Community Health Access Advocates:** St. Mary’s employs five Health Access Advocates whose purpose is to assist those in need in the community with resources, primarily insurance, but also including food, shelter, clothing, prescription, etc. assistance. This program has proven to provide millions of dollars of net reimbursement back into the St. Mary’s system through the insurance application work.

**Mobile Dental Clinic:** St. Mary’s provides preventive and restorative dentistry to youth up to the age of 19 in six counties in Southern Indiana. This is a partnership with seven school systems and many other social service agencies locally and regionally. Insurance, including Medicaid and commercial insurance, is the primary reimbursement resource.

**Community Health Education/Prevention:** St. Mary’s provides health education services in the community such as: Trauma prevention, bicycle helmet safety, ATV safety, Concussion prevention, Asthma education, Nutrition education, Dental education, Balance Screenings, CPR/1st Aid training, etc. This work has saved local organizations funding by not having to pay premium dollars for this information and has saved local lives.

**Work with Ascension Health and St. Vincent Health:** St. Mary’s has worked with the Ascension Health Advocacy team as well as St. Vincent Health community programs for over 6 years and continues to work toward the future of our state and national healthcare ministry.
IMPLEMENTATION
STRATEGY
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<tr>
<th>STRATEGY</th>
<th>TACTIC(S)</th>
<th>SPONSORS</th>
<th>St. Mary’s POINT PERSON(S)</th>
<th>COMPLETION DATE</th>
<th>SUCCESS MEASURES/COMMENTS</th>
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<tbody>
<tr>
<td>Indiana Quit Line</td>
<td>Promote/market the Quit Line to patients and clientele</td>
<td>Utilize existing marketing materials/resources to support current smokers in their efforts to quit</td>
<td>St. Mary’s Med Ctr. St. Mary’s Warrick Deaconess United Way 211 Line ECHO CHIC</td>
<td>06/30/14</td>
<td>COMMUNITY MEASURE: Increase number of local residents/physicians utilizing the Indiana Quit Line by 10%, compared to historic baseline from Smokefree Communities. Decrease the percentage of smokers by 0.5 percentage points by FY2016. ST. MARY’S EVANSVILLE AND WARRICK MEASURE: Attract 100 clicks on <a href="http://www.quitnowindiana.com">www.quitnowindiana.com</a> originating from St. Mary’s website (<a href="http://www.stmarys.org">www.stmarys.org</a>) in Year #1.</td>
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<td>Work with Smokefree Communities to maximize use of materials</td>
<td>St. Mary’s Med Ctr. St. Mary’s Warrick Deaconess United Way 211 Line ECHO CHIC</td>
<td>06/30/14</td>
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<td>Market via websites, internal/external publications, Parish Nurses, direct mail to smokers, contacts with Asthma parents and WIC parents, 211 Line</td>
<td>St. Mary’s Med Ctr. St. Mary’s Warrick Deaconess United Way 211 Line ECHO CHIC</td>
<td>01/01/14</td>
<td>NOTE: All appropriate patient education materials will include the Indiana Quit Line materials (IN.GOV/Quitline: 1-800-Quit-Now)</td>
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<td></td>
<td>Engage primary care physicians and other clinicians to promote the use of the Quit Line</td>
<td>St. Mary’s Med Ctr. St. Mary’s Warrick Deaconess United Way 211 Line ECHO CHIC</td>
<td>06/30/14</td>
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<td>Pursue a Smokefree Communities TPC grant (Tobacco Prevention and Cessation) specifically for Warrick County</td>
<td>Engage grant writer(s) at University of Evansville and utilize Smokefree Communities to administer the grant, if awarded.</td>
<td>St. Mary’s Warrick Deaconess Gateway Holly Smith (Strategic Planning)</td>
<td>01/01/14</td>
<td>Completed grant, but did not receive funding. NOTE: If potential warrants, grant would be submitted in Year #1, and Smokefree Communities program would be implemented in Warrick County Year #2.</td>
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<td></td>
<td>Implement tobacco component of Community Transformation Grant (CTG) for obesity</td>
<td>Work with Smokefree Communities to implement tactics in Warrick County</td>
<td>Welborn Baptist Fdn St. Mary’s Warrick Eric Girten (Community Health)</td>
<td>06/30/14</td>
<td>NOTE: Grant was not awarded therefore no coalition, but continued collaborative efforts with Smokefree Communities exist.</td>
</tr>
<tr>
<td>CATEGORY: TOBACCO USE</td>
<td>Improve food/nutrition choices available on-campus</td>
<td>Re-introduce the Upgrade program on the SMMC campus in 2013</td>
<td>St. Mary’s Med. Ctr. Welborn Baptist Fdn Deaconess Hospital ECHO CHIC</td>
<td>06/30/14</td>
<td>COMMUNITY MEASURE: Decrease by one percentage point the percentage of adults who are obese by FY2016. Decrease by one percentage point the percentage of households with an overweight or obese child (by FY2016). Set baseline measures in FY2014. ST. MARY’S EVANSVILLE MEASURE: Increase the number of healthy choice sales by 15%, compared to baseline sales. Reduce the morbidity obese incidence among St. Mary’s associate population by 5%.</td>
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<td>Work with local vendors to recommend additional vending changes to be introduced in 2014</td>
<td>St. Mary’s Med. Ctr. Deaconess Hospital</td>
<td>Mike Whitmire, Mike Whitmore</td>
<td>06/30/15</td>
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<td>Replicate the SMMC Upgrade program on the SMW campus. Distribute existing CTG/WBF materials.</td>
<td>St. Mary’s Warrick Welborn Baptist Fdn</td>
<td>Mike Whitmire, Kathy Hall</td>
<td>06/30/15</td>
<td>COMMUNITY MEASURE: Decrease by one percentage point the percentage of adults who are obese by FY2016. Decrease by one percentage point the percentage of households with an overweight or obese child (by FY2016). Set baseline measures in FY2014. ST. MARY’S WARRICK MEASURE: Number of healthy choice sales first year will establish baseline sales.</td>
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<td></td>
<td>Support obese and morbidly obese employees by making appropriate incentives and interventions available to the workforce</td>
<td>Certified Health Coaches are available to assist obese and morbidly obese associates with a game plan for safely lowering their BMI. Potential for premium discounts if the associate effectively lowers their risk factors.</td>
<td>St. Mary’s Med. Ctr. St. Mary’s Warrick</td>
<td>John Greaney, Healthy Lives</td>
<td>06/30/14</td>
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<td></td>
<td>Expand HEROES coordinated school health Initiatives in Vanderburgh County. Work to gain entry into the Warrick School System.</td>
<td>Meet with key persons in Warrick/Vanderburgh School Systems to solicit participation in CTG initiatives.</td>
<td>Welborn Baptist Fdn St. Mary’s Warrick Kathy Hall, Eric Girten, Rhonda Meade</td>
<td>06/30/15</td>
<td>COMMUNITY MEASURE: # schools participating in CTG activities will increase compared to FY2013.</td>
</tr>
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<td></td>
<td>Work with child care centers to improve physical activity and nutrition</td>
<td>Educate, provide resources to centers to meet healthy/active living guidelines</td>
<td>Welborn Baptist Fdn United Way ECDC St. Mary’s Med. Ctr.</td>
<td>Andrea Hays move.mnt/WBF, Rhonda Meade, HEROES/WBF, John Greaney</td>
<td>06/30/14</td>
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<td></td>
<td>Work with businesses, health care centers and corporations to implement healthy, active living environments</td>
<td>Baby-friendly breastfeeding sites, worksite wellness programs, healthy vending, healthy menu options, etc.</td>
<td>Welborn Baptist Fdn St. Mary’s Med. Ctr.</td>
<td>Andrea Hays, move.mnt/WBF, Healthy Lives</td>
<td>06/30/14</td>
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<td>Address food access issues by creating new and unique opportunities for residents to obtain nutritionally balanced food options</td>
<td>Initiate/sustain Sustained Markets during the summer months to promote healthy choices and affordable fruits and vegetables</td>
<td>St. Mary's Warrick Center, St. Mary's Medical Center</td>
<td>Carol Godsey, Vickie Detroy</td>
<td>06/30/14</td>
<td>ST. MARY'S MEASURE: 3 Markets will be held on the Warrick campus.</td>
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<tr>
<td>Healthcare organizations and providers promote healthy eating and active living in their clinical practices.</td>
<td>Engage primary care providers and other physicians in the development and utilization of social marketing campaign materials.</td>
<td>St. Mary's Warrick Center, St. Mary's Medical Center</td>
<td>Suzette Hersman</td>
<td>06/30/14</td>
<td>ST. MARY'S BASE MEASURE: Physician recommendations are submitted to Welborn Foundation. In turn, social media recommendations/practices are shared with physicians.</td>
</tr>
<tr>
<td>CATEGORY: SUBSTANCE ABUSE</td>
<td>Explore the opportunity to collaborate on the issue of prescription drugs</td>
<td>Work with the Evansville Drug Task Force to minimize the abuse of prescription drugs.</td>
<td>St. Mary's Med. Ctr. St. Mary's Warrick Center</td>
<td>CrossPointe Lead</td>
<td>Eric Hirten</td>
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<td>With Dentists from the Mobile Dental Clinic, educate local dentists regarding the over prescribing medications as an issue and the effects of this problem with a goal of decreasing overprescribing of pain medications from dentists</td>
<td>St. Mary's Med. Ctr. St. Mary's Warrick Center</td>
<td>CrossPointe Lead</td>
<td>Eric Hirten</td>
<td>06/30/15</td>
</tr>
<tr>
<td></td>
<td>Promote/market the <a href="http://www.DrugFree.org">www.DrugFree.org</a> website to patients and clientele</td>
<td>Utilize existing marketing materials/resources to support current users in their efforts to quit.</td>
<td>St. Mary's Med. Ctr. St. Mary's Warrick Center</td>
<td>St. Mary's Warrick Center</td>
<td>St. Mary's Medical Center</td>
</tr>
<tr>
<td>CATEGORY: SUBSTANCE ABUSE (CONT.)</td>
<td>Support parents in efforts to provide Drug Free environments for minors and offer resources to them and their families.</td>
<td>St. Mary's Med. Ctr. St. Mary's Warrick Center</td>
<td>Janet Raiser</td>
<td>01/01/14</td>
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</tr>
<tr>
<td>CATEGORY: MENTAL HEALTH</td>
<td>Nurse Family Partnership (NFP)/Centering Pregnancy:</td>
<td>Research the feasibility to implement the NFP program, as modeled by Indianapolis and New York City</td>
<td>St. Mary's Med. Ctr. Deaconess Women's Hospital</td>
<td>Janet Raisor</td>
<td>06/30/14</td>
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<td></td>
<td>Partner high-risk, first-time mothers with a registered nurse</td>
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<td></td>
<td>Child Abuse Task Force:</td>
<td>Involve Lampion to the Child Abuse Task Force as an additional prevention tool in the area of Child Abuse</td>
<td>St. Mary's Med. Ctr. Deaconess Hospital</td>
<td>Janet Raiser</td>
<td>09/30/13</td>
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<td></td>
<td>System of Care Coalition:</td>
<td>Become an active member of the System of Care Coalition for the purpose of coordinating service across the community. Potentially build a community level care conferencing model.</td>
<td>St. Mary's Med. Ctr. Deaconess Hospital Welborn Foundation</td>
<td>Eric Hirten</td>
<td>09/30/13</td>
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<td></td>
<td>Assist local agencies in creating a full continuum for the treatment of pediatric mental health</td>
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<td></td>
<td>Explore ways to discharge patients who have nowhere to go.</td>
<td>Research the Christ Hospital (Cincinnati) Center for Respite Care as one model to consider.</td>
<td>St. Mary's Med. Ctr. Deaconess Hospital</td>
<td>St. Mary's Warrick Center</td>
<td>St. Mary's Medical Center</td>
</tr>
<tr>
<td>STRATEGY</td>
<td>TACTIC(S)</td>
<td>SPONSORS</td>
<td>St. Mary's POINT PERSON(S)</td>
<td>COMPLETION DATE</td>
<td>COMPLETED</td>
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<tr>
<td>Healthcare organizations and providers promote healthy eating and active living in their clinical practices.</td>
<td>Marketing Initiative: St. Mary's - Live Well Evansville Magazine and blog: improve nutrition and obesity in the community</td>
<td>St. Mary's Health</td>
<td>Lacy Wilson and Cory Filbert</td>
<td>06/30/14</td>
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</tr>
<tr>
<td>CATEGORY: OBESEITY</td>
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<tr>
<td>Healthy Produce Initiative</td>
<td>Produce is purchased, washed and transported to 3 locations in the community.</td>
<td>Welborn, St. Mary's, Deaconess, USI</td>
<td></td>
<td></td>
<td>Welborn Metrics</td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td>Proper portioning, ensuring consistency each day as well as in timely manner, add some sort of side salad to the option</td>
<td>St. Mary's/SWIRCA</td>
<td>Andrew Grenier/Julie Morrow</td>
<td></td>
<td>NOTE: Dietitian collaborative discussion regarding nutrition. Portion and serving review</td>
</tr>
<tr>
<td>Jacobsville Park</td>
<td>Support Jacobsville Park renovation to encourage exercise and movement in this at risk, high poverty community to reduce childhood obesity.</td>
<td>St. Mary's Health</td>
<td></td>
<td></td>
<td>NOTE: Bike helmets were also distributed at the Park opening to promote cycling for exercise and bike safety.</td>
</tr>
<tr>
<td>CATEGORY: SUBSTANCE ABUSE</td>
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<tr>
<td>Continue to work with the Emergency Dept. to reduce drug seeking individuals by tracking them in INSPECT and then referring them to Advanced Pain Care Clinic to manage their use of prescription drugs.</td>
<td></td>
<td>Nancy McCleary</td>
<td></td>
<td></td>
<td>COMMUNITY MEASURE: Decrease the number of controlled substance prescriptions filled and entered into INSPECT</td>
</tr>
<tr>
<td>Warrick County Health Coalition</td>
<td>Group in Warrick County that focuses on communication and collaboration between businesses, agencies, healthcare and other areas to effectively review service resources and gaps in Warrick County</td>
<td>Eric Girten</td>
<td></td>
<td></td>
<td>NOTE: Work collaboratively with coalition to communicate available resources, identify gaps and work to address those gaps.</td>
</tr>
<tr>
<td>CATEGORY</td>
<td>TACTIC(S)</td>
<td>ST. MARY'S POINT PERSON(S)</td>
<td>COMPLETION DATE</td>
<td>SUCCESS MEASURES/COMMENTS</td>
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<tr>
<td>TOBACCO USE</td>
<td>Asthma Camp: Annual camp for children with asthma to help understand triggers</td>
<td>Eric Girten</td>
<td>April 1 of each year</td>
<td>Pre-Post Test</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Asthma Care Transition Team</td>
<td>Eric Girten</td>
<td>Ongoing</td>
<td>Decrease in inappropriate ED/Hospital usage through prevention from baseline</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tobacco Awareness (children and adults)</td>
<td>Eric Girten</td>
<td>Ongoing</td>
<td>RRT (Rapid Response Team) and RD (Registered Dietician) teach tobacco awareness through respiratory and dietary/exercise perspective, sit on committees, etc.</td>
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<tr>
<td></td>
<td>Representation on Indiana Joint Asthma Coalition (Staff chair for Children and Youth Workgroups)</td>
<td>Eric Girten</td>
<td>Ongoing</td>
<td>RRT staff continue to sit on this coalition to represent Southern Indiana and St. Mary's community</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Regional presentation to school nurses regarding asthma care and awareness</td>
<td>Eric Girten</td>
<td>30-Jun-13</td>
<td>RRT engaged in statewide efforts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EVSC Asthma and Allergy Team: Part of the School Community Council</td>
<td>Eric Girten</td>
<td>Ongoing</td>
<td>Staff are a part of this community health team. Continued collaboration over time is a success measure</td>
<td></td>
</tr>
<tr>
<td>OBESITY</td>
<td>Diabetes Camp</td>
<td>Eric Girten</td>
<td>Annual</td>
<td>RD participates with this camp</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Education resource for Parochial School staff</td>
<td>Eric Girten</td>
<td>Ongoing</td>
<td>RD provides education</td>
<td></td>
</tr>
<tr>
<td></td>
<td>INITIAL EVALUATIONS/ASSESSMENTS:</td>
<td>Becky Carter</td>
<td>Ongoing</td>
<td>Diabetes education, support and management that allows the patient to become involved with their treatment and disease control. Success factors are patient control and involvement with their diabetes as noted in patient data.</td>
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<td></td>
<td>Each patient is seen individually at the first appointment. After an assessment of the patient’s needs in conjunction with the patient’s preference, the patient may continue with individual appointments or enter group classes.</td>
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<td></td>
<td>STEPS TO SUCCESS (for diagnosed diabetics)</td>
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<td>A comprehensive curriculum totaling 4 group classes instructing the patient on diabetes self-management techniques:</td>
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<tr>
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<td>Step 1: Blood glucose monitoring techniques (AC &amp; PC goals), Hemoglobin A1c, macronutrients effects on glucose level, and a review of basic meal planning</td>
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<td>Step 2: Review of medications (oral and insulin), hypoglycemia, sick day management, exercise, sweeteners, alcohol, dining out, and label reading</td>
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<td>Step 3: Review long term complications, prevention of complications, lab review, and heart health diet.</td>
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<td>3-Month Follow-up: After completion of comprehensive program, the patient returns for problem solving, clarification of any questions, foot exam, and to establish new goals for self-management.</td>
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<td>Annual Update: This session is scheduled after completion of a comprehensive course. The meal plan is reviewed, patient’s questions are answered, and the patient is informed of any changes in current guidelines.</td>
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<td>Insulin Administration Instruction: This is for a patient new to insulin or for someone who is having difficulty with insulin administration. The patient is instructed on insulin action, administration, precautions, and side effects (hypoglycemia)</td>
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<tr>
<td></td>
<td>Is Pumping For You? This is an introductory course to insulin pump therapy. A pre-pump assessment is conducted. All brands of insulin pumps are shown to the patient and they are given additional information to determine which pump is right for them.</td>
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<td>Participation with Welborn Foundation on HEROES initiatives</td>
<td>Eric Girten</td>
<td>Ongoing</td>
<td>Staff participate with other community partners. Welborn keeps success metrics regarding these initiatives</td>
<td></td>
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<tr>
<td></td>
<td>Farmer’s Market</td>
<td>Brian Kessler</td>
<td>Annual</td>
<td>Continuation of this program with continued participation from community</td>
<td></td>
</tr>
<tr>
<td>CATEGORY</td>
<td>TACTIC(S)</td>
<td>ST. MARY’S POINT PERSON(S)</td>
<td>COMPLETION DATE</td>
<td>SUCCESS MEASURES/COMMENTS</td>
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<tr>
<td>OBESITY</td>
<td>Carol White Physical Education Grant (8 schools: 6 elementary and 2 middle schools).</td>
<td>Eric Girten</td>
<td>30-Jun-13</td>
<td>Success factors as specified in grant guidelines</td>
<td></td>
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<tr>
<td></td>
<td>Nutrition education in the classroom (public/parochial)</td>
<td>Eric Girten</td>
<td>Ongoing</td>
<td>Outreach RD: Pre-Post test</td>
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<td></td>
<td>Organ Wise Guys</td>
<td>Eric Girten</td>
<td>Ongoing</td>
<td>Outreach RD: Curriculum guidelines</td>
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<td></td>
<td>YOGA and physical activities for in-school/after-school children and adults</td>
<td>Eric Girten</td>
<td>Ongoing</td>
<td>Outreach RD: Curriculum guidelines</td>
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<td></td>
<td>Collaboration with ECHO FQHC 2x per month for individual medical nutrition therapy.</td>
<td>Eric Girten</td>
<td>Ongoing</td>
<td>Outreach RD: Curriculum guidelines</td>
<td></td>
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<tr>
<td>SUBSTANCE ABUSE</td>
<td>Vanderburgh County CT</td>
<td>Michael Whiting</td>
<td>Ongoing</td>
<td>Continuation of project: Healthy options for meals at a reduced cost to the consumer.</td>
<td></td>
</tr>
<tr>
<td>MENTAL HEALTH</td>
<td>Bariatrics and HMR</td>
<td>Stephany Stanton</td>
<td>Ongoing</td>
<td>Proper weight control and well being of the whole person through these programs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Representation on SWIDA: Staff President for Southwest Indiana Dietetic Association.</td>
<td>Eric Girten</td>
<td>2013</td>
<td>RD staff rotation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Continued UPGRADE Program</td>
<td>Mike Whitmore</td>
<td>Ongoing</td>
<td>Continuation of project: Healthy options for meals at a reduced cost to the consumer.</td>
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<td></td>
<td>EVSC Nutrition and Physical Activity Team: DHS-Health Finder services for DHS and community referrals.</td>
<td>Eric Girten</td>
<td>Ongoing</td>
<td>RD</td>
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<td></td>
<td>Suicide Risk Screening Committee</td>
<td>Nancy McLear</td>
<td>Ongoing</td>
<td>Program Evaluation forms filled out by participants. This has been evaluated by an internal team at St. Mary's with the conclusion that a process will be put in place whereby EAP associate mental health services will be notified in the event of a critical incident. EAP will then assess the situation.</td>
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<td></td>
<td>St. Mary's has sent and will be sending more staff (Pastoral Care, HR, and Adult Mental Health) to the CISM (Critical Incident Stress Management) training and in process of coordinating with the District (4 day training for CISM with St. Vincent staff)</td>
<td>Robin Richards</td>
<td>1-Mar</td>
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<td>Mental Health Response Team and formalizing process for St. Mary's Disaster team -- training for internal and external disasters.</td>
<td>Robin Richards</td>
<td>Ongoing</td>
<td>Increased services to patients in high stress/high danger situations such as natural disasters</td>
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<td></td>
<td>St. Mary's supports the community Crisis Intervention Team (CIT) a team of officers trained to respond to situations involving individuals with mental health risk issues -- the AMH Director serves on the task force, and Community Education Funds provide monies for the annual oficer training</td>
<td>Robin Richards</td>
<td>Ongoing</td>
<td>Support services/education for staff, providing resources for staff which flow to better services of patients served</td>
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<td></td>
<td>Discharge planning and connection with appropriate community referral sources for dementias, including Alzheimer's</td>
<td>Case Management</td>
<td>Ongoing</td>
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</table>
## COMMUNITY NEEDS IMPLEMENTATION STRATEGY (COLLABORATIVE PLAN)
### SCORECARD METRICS (COMMUNITY LEVEL)

## VANDERBURGH COUNTY

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<tbody>
<tr>
<td>Fair/Poor Physical Health</td>
<td>15% +/- 2.5</td>
<td>CHR</td>
<td>18%</td>
<td>16%</td>
<td>10%</td>
<td>16-21%</td>
<td>20%</td>
<td>16%</td>
<td>10%</td>
<td>17-23%</td>
<td>20%</td>
<td>16%</td>
<td>10%</td>
<td>17-23%</td>
</tr>
<tr>
<td>Poor Physical Health Days</td>
<td>3.6 +/- 0.65</td>
<td>CHR</td>
<td>4.2</td>
<td>3.6</td>
<td>2.6</td>
<td>3.6-4.9</td>
<td>4.6</td>
<td>3.6</td>
<td>2.6</td>
<td>3.9-5.2</td>
<td>4.7</td>
<td>3.6</td>
<td>2.5</td>
<td>4.0-5.4</td>
</tr>
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</table>

| CATEGORY: TOBACCO USE | | | | | | | | | | | | | |
|-----------------------|-------------------------|-------------|-----------------|--------------|---------------|--------------|----------------|--------------|---------------|--------------|----------------|--------------|---------------|--------------|
| Adult Smokers         | 25% +/- 3.5              | CHR         | 27%             | 24%          | 14%           | 23-30%       | 26%           | 24%          | 13%           | 23-30%       | 25%           | 23%          | 14%           | 22-23%       |
| Increase Indiana Quit Line Usage | total number of registered calls and web usage | 393 | SC | Baseline to set in 2013 | 357 | n/a | n/a | n/a | 340 | n/a | n/a | n/a |
| QuitNowindiana.com Clicks promoted by stmarys.org | 100 | SM | Baseline to set in 2014 | 102 | n/a | n/a | n/a |

| CATEGORY: OBESITY | | | | | | | | | | | | | |
|--------------------|-------------------------|-------------|-----------------|--------------|---------------|--------------|----------------|--------------|---------------|--------------|----------------|--------------|---------------|--------------|
| Adult Obesity      | 25.9% +/- 4.0            | CHR         | 29%             | 31%          | 25%           | 25-33%       | 29%           | 25%          | 31%           | 25-33%       | 32%           | 31%          | 25%           | 22-29%       |
| Childhood Obesity (Ages 2-17) | 17% | WBF | Baseline to set in 2014 | 18% | n/a | n/a | n/a |

| CATEGORY: SUBSTANCE ABUSE | | | | | | | | | | | | | |
|----------------------------|-------------------------|-------------|-----------------|--------------|---------------|--------------|----------------|--------------|---------------|--------------|----------------|--------------|---------------|--------------|
| Controlled Substance Prescriptions entered into INSPECT per person (Gauge Scale is based on 3-1 scale with 1 being the best and 3 the worst) | 2.06 | II | 2.36 | 1.70 | n/a | n/a | n/a | n/a | n/a | n/a | n/a | 1.64 | n/a | n/a |
| Prescription Pain Killer Abuse | | | | | | | | | | | | | 13% | n/a | n/a | n/a |
| DrugFree.org Clicks promoted by stmarys.org | 100 | SM | Baseline to set in 2014 | 238 | n/a | n/a | n/a | n/a |

| CATEGORY: MENTAL HEALTH | | | | | | | | | | | | | |
|--------------------------|-------------------------|-------------|-----------------|--------------|---------------|--------------|----------------|--------------|---------------|--------------|----------------|--------------|---------------|--------------|
| Poor Mental Health Days  | 3.7 +/- 0.65             | CHR         | 4.3             | 3.6          | 2.3           | 3.6-4.9      | 4.3           | 3.6          | 2.3           | 3.7-5.0      | 4.2           | 3.7          | 2.4           | 3.5-4.8      |
| Child Abuse Cases (Physical + Sexual) | 166 | SC | (2011 data) | n/a | n/a | n/a | 158 | (2013 data) | n/a | n/a | n/a | (2012 data) | n/a | n/a |
| - Neglect | 22.1% | SC | 23.1% | 19.40% | n/a | n/a | 23.9% | 18.7% | n/a | 15.7% | 17.2% | n/a | n/a |
| - Physical | 15.0% | SC | 16.0% | 15.10% | n/a | n/a | 15.5% | 12.5% | n/a | 12.0% | 9.6% | n/a | n/a |
| - Sexual | 25.2% | SC | 26.2% | 26.30% | n/a | n/a | 23.8% | 24.2% | n/a | 23.8% | 18.8% | n/a | n/a |

**NOTE:** "National Benchmark" represents the 90th percentile, meaning that only 10% are better than the benchmark.

**Data Source Key**
- CHR - County Health Rankings at www.countyhealthrankings.org
- II - Indiana Indicators at http://indianaindicators.org/
- SM - St. Mary's Website
- SC - Smoke Free Communities
- KC - Kids Count at www.iyi.org/datacenter
- WBF - Tri-State Health Survey
GOAL STATEMENTS FOR FY2014 - FY2016

**CATEGORY: OVERALL HEALTH**

Decrease by one percentage point the percentage of households reporting fair or poor health.

Decrease by two tenths of a day (0.2) the number of poor health days experienced in the previous 30 days.

**CATEGORY: TOBACCO USE**

Increase the number of local residents/physicians utilizing the Indiana Quit Line by 10%, compared to the baseline from Smokefree Communities.

(St. Mary’s) Attract 100 clicks on www.quitnowIndiana.com originating from St. Mary’s website (www.stmarys.org). 2014 totals reflect data from May 20, 2014 - December 31, 2014 as tracking was not put in place until May 20th.

(St. Mary’s) Recruit 3 to 4 primary care physicians to test a Disease Registry that can capture patient information on smokers (Year #1). Year #2: Reduce the percentage of smokers within the same patient base.

**CATEGORY: OBESITY**

Decrease by one percentage point the percentage of adults originating from Vanderburgh who are obese.

Decrease by one percentage point the percentage of children originating from Vanderburgh who are obese. Note: The 2015 Tri-State Health Survey breaks out childhood weights into the following categories: Underweight, Healthy Weight, Overweight and Obese. Only the percentage of Obese children is used in the Childhood Obesity score above.

(St. Mary’s) Recruit 3 to 4 primary care physicians to test a Disease Registry that can capture patient information on obesity (Year #1). Year #2: Reduce the percentage of obese patients within the same patient base.

**CATEGORY: SUBSTANCE ABUSE**

Decrease by one tenth (0.1) the number of controlled substance prescriptions filled and entered into INSPECT

(St. Mary’s) Attract 100 clicks on www.drugfree.org originating from St. Mary’s website (www.stmarys.org). 2014 total reflect data from May 20, 2014 - December 31, 2014 as tracking was not put in place until May 20th.

Decrease by one percentage point the percentage of households reporting fair or poor health.

**CATEGORY: MENTAL HEALTH**

Decrease by two tenths of a day (0.2) the number of poor mental health days experienced in the previous 30 days.

Reduce by one percentage point the number of substantiated child abuse cases originating from Vanderburgh (combined physical and sexual abuse). For the FY15 update, concern was noted for using the % as the trended metric instead of the actual number of substantiated cases (due to the % possibly misrepresenting the trend of total substantiated cases as the percent is taken from the total number of cases investigated divided by the number of substantiated cases.)
STRATEGY SESSION PARTICIPANTS
<table>
<thead>
<tr>
<th>Name</th>
<th>Agency</th>
</tr>
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<tbody>
<tr>
<td>Diana Butler</td>
<td>EVSC</td>
</tr>
<tr>
<td>Jackie Richards</td>
<td>St. Mary's Medical Center</td>
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<tr>
<td>Julie Phillips</td>
<td>Smoke Free Communities</td>
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<tr>
<td>Casey Williams</td>
<td>Smoke Free Communities</td>
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<tr>
<td>Parri Black</td>
<td>Youth First</td>
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<tr>
<td>Davi Stein-Kiley</td>
<td>Youth First</td>
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<tr>
<td>Anna Hargis</td>
<td>Big Brothers/Big Sisters</td>
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<tr>
<td>Sharon Burns</td>
<td>Catholic Charities Bureau</td>
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<tr>
<td>Gloria Horton</td>
<td>Visiting Nurse Association</td>
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<tr>
<td>Jared Florence</td>
<td>Deaconess</td>
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APPENDIX
2015 County Health Rankings
Indiana
INTRODUCTION

The County Health Rankings & Roadmaps program helps communities identify and implement solutions that make it easier for people to be healthy in their homes, schools, workplaces, and neighborhoods. The Robert Wood Johnson Foundation (RWJF) collaborates with the University of Wisconsin Population Health Institute (UWPHI) to bring this program to cities, counties, and states across the nation. Ranking the health of nearly every county in the nation, the County Health Rankings illustrate what we know when it comes to what is making people sick or healthy. The Roadmaps to Health and RWJF Culture of Health Prize show what we can do to create healthier places to live, learn, work, and play.

WHAT ARE THE COUNTY HEALTH RANKINGS?

Published online at countyhealthrankings.org, the Rankings help counties understand what influences how healthy residents are and how long they will live. The Rankings are unique in their ability to measure the current overall health of each county in all 50 states. They also look at a variety of measures that affect the future health of communities, such as high school graduation rates, access to healthy foods, rates of smoking, obesity, and teen births. Communities use the Rankings to identify and garner support for local health improvement initiatives among government agencies, healthcare providers, community organizations, business leaders, policy makers, and the public.

MOVING FROM DATA TO ACTION

Roadmaps to Health help communities bring people together to look at the many factors that influence health, select strategies that work, and make changes that will have a lasting impact. The Roadmaps focus on helping communities move from awareness about their county’s ranking to action to improve people’s health. The Roadmaps to Health Action Center is a one-stop shop of information to help any community member or leader who wants to improve their community’s health by addressing factors that we know influence health, such as education, income, and community safety.

Within the Action Center you will find:

- Online step-by-step guidance and tools to move through the Action Cycle
- What Works for Health – a searchable database of evidence-informed policies and programs that can improve health

1 www.countyhealthrankings.org/indiana
Webinars featuring local community members who share their tips on how to build a healthier community

Community coaches, located across the nation, who provide customized consultation to local leaders who request guidance in how to accelerate their efforts to improve health. You can contact a coach by activating the Get Help button at countyhealthrankings.org

LEARNING FROM OTHERS

At countyhealthrankings.org, we feature stories from communities across the nation who have used data from the County Health Rankings or have engaged in strategies to improve health. The RWJF Culture of Health Prize recognizes communities that are creating powerful partnerships and deep commitments to enable everyone in our diverse society to lead healthy lives now and for generations to come. The Prize is awarded annually by RWJF to honor communities that are working to build a Culture of Health by implementing solutions that give everyone the opportunity for a healthy life. In 2015, up to 10 winning communities will each receive a $25,000 cash prize and have their stories shared broadly with the goal of inspiring locally driven change across the nation.

Prize winners are selected based on how well they demonstrate their community’s achievement on their journey to a Culture of Health in the following areas:

- Defining health in the broadest possible terms
- Committing to sustainable systems changes and long-term policy-oriented solutions
- Cultivating a shared and deeply held belief in the importance of equal opportunity for health
- Harnessing the collective power of leaders, partners, and community members
- Securing and making the most of resources
- Measuring and sharing progress and results

Visit countyhealthrankings.org or rwjf.org/prize to learn about the work of past Prize winners and the application process.

HOW CAN YOU GET INVOLVED?

You might want to contact your local affiliate of United Way Worldwide or the National Association of Counties – their national parent organizations have partnered with us to raise awareness and stimulate action to improve health in their local members’ communities. By connecting with other leaders interested in improving health, you can make a difference in your community. In communities large and small, people from all walks of life are taking ownership and action to improve health. Visit countyhealthrankings.org to get ideas and guidance on how you can take action in your community. Working with others, you can improve the health of your community.
HOW DO COUNTIES RANK FOR HEALTH OUTCOMES?

The green map below shows the distribution of Indiana’s health outcomes, based on an equal weighting of length and quality of life. Lighter colors indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org.

### County Rankings

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www.countyhealthrankings.org/indiana
HOW DO COUNTIES RANK FOR HEALTH FACTORS?

The blue map displays Indiana’s summary ranks for health factors, based on weighted scores for health behaviors, clinical care, social and economic factors, and the physical environment.

Lighter colors indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org.

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<td>Daviess</td>
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<td>Parke</td>
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<td>Perry</td>
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<td>Wabash</td>
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<td>DeKalb</td>
<td>16</td>
<td>Jennings</td>
<td>84</td>
<td>Pike</td>
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<td>Delaware</td>
<td>58</td>
<td>Johnson</td>
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<td>Porter</td>
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<td>Warrick</td>
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<td>Dubois</td>
<td>5</td>
<td>Knox</td>
<td>72</td>
<td>Posey</td>
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<td>Elkhart</td>
<td>49</td>
<td>Kosciusko</td>
<td>21</td>
<td>Pulaski</td>
<td>42</td>
<td>Wayne</td>
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<td>Fayette</td>
<td>83</td>
<td>LaGrange</td>
<td>28</td>
<td>Putnam</td>
<td>39</td>
<td>Wells</td>
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<tr>
<td>Floyd</td>
<td>38</td>
<td>Lake</td>
<td>91</td>
<td>Randolph</td>
<td>65</td>
<td>White</td>
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<tr>
<td>Fountain</td>
<td>66</td>
<td>LaPorte</td>
<td>76</td>
<td>Ripley</td>
<td>46</td>
<td>Whitley</td>
<td>12</td>
</tr>
</tbody>
</table>

www.countyhealthrankings.org/indiana
## 2015 County Health Rankings: Measures and National/State Results

<table>
<thead>
<tr>
<th>Measure</th>
<th>Description</th>
<th>US Median</th>
<th>State Overall</th>
<th>State Minimum</th>
<th>State Maximum</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health Outcomes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Premature death</td>
<td>Years of potential life lost before age 75 per 100,000 population</td>
<td>7681</td>
<td>7528</td>
<td>3931</td>
<td>13579</td>
</tr>
<tr>
<td>Poor or fair health</td>
<td>% of adults reporting fair or poor health</td>
<td>17%</td>
<td>16%</td>
<td>7%</td>
<td>28%</td>
</tr>
<tr>
<td>Poor physical health days</td>
<td>Average # of physically unhealthy days reported in past 30 days</td>
<td>3.7</td>
<td>3.6</td>
<td>2.1</td>
<td>6.2</td>
</tr>
<tr>
<td>Poor mental health days</td>
<td>Average # of mentally unhealthy days reported in past 30 days</td>
<td>3.5</td>
<td>3.7</td>
<td>1.8</td>
<td>6.7</td>
</tr>
<tr>
<td>Low birthweight</td>
<td>% of live births with low birthweight (&lt; 2500 grams)</td>
<td>8%</td>
<td>8.2%</td>
<td>5.1%</td>
<td>9.8%</td>
</tr>
<tr>
<td><strong>Health Factors</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Adult Smoking</strong></td>
<td>% of adults who are current smokers</td>
<td>21%</td>
<td>23%</td>
<td>12%</td>
<td>42%</td>
</tr>
<tr>
<td>Adult obesity</td>
<td>% of adults that report a BMI ≥ 30</td>
<td>31%</td>
<td>31%</td>
<td>23%</td>
<td>38%</td>
</tr>
<tr>
<td>Food environment index</td>
<td>Index of factors that contribute to a healthy food environment, (0-10)</td>
<td>7.3</td>
<td>7.2</td>
<td>6.1</td>
<td>8.7</td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>% of adults aged 20 and over reporting no leisure-time physical activity</td>
<td>27%</td>
<td>27%</td>
<td>18%</td>
<td>37%</td>
</tr>
<tr>
<td>Access to exercise opportunities</td>
<td>% of population with adequate access to locations for physical activity</td>
<td>65%</td>
<td>75%</td>
<td>22%</td>
<td>94%</td>
</tr>
<tr>
<td>Excessive drinking</td>
<td>% of adults reporting binge or heavy drinking</td>
<td>16%</td>
<td>16%</td>
<td>8%</td>
<td>25%</td>
</tr>
<tr>
<td>Alcohol-impaired driving deaths</td>
<td>% of driving deaths with alcohol involvement</td>
<td>31%</td>
<td>26%</td>
<td>0%</td>
<td>46%</td>
</tr>
<tr>
<td>Sexually transmitted infections</td>
<td># of newly diagnosed chlamydia cases per 100,000 population</td>
<td>291</td>
<td>451</td>
<td>82</td>
<td>1100</td>
</tr>
<tr>
<td>Teen births</td>
<td># of births per 1,000 female population ages 15-19</td>
<td>41</td>
<td>39</td>
<td>13</td>
<td>63</td>
</tr>
<tr>
<td><strong>Clinical Care</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Uninsured</td>
<td>% of population under age 65 without health insurance</td>
<td>17%</td>
<td>17%</td>
<td>10%</td>
<td>28%</td>
</tr>
<tr>
<td>Primary care physicians</td>
<td>Ratio of population to primary care physicians</td>
<td>2015:1</td>
<td>1518:1</td>
<td>14044:1</td>
<td>517:1</td>
</tr>
<tr>
<td>Dentists</td>
<td>Ratio of population to dentists</td>
<td>2670:1</td>
<td>1973:1</td>
<td>14087:1</td>
<td>1235:1</td>
</tr>
<tr>
<td>Mental health providers</td>
<td>Ratio of population to mental health providers</td>
<td>1128:1</td>
<td>750:1</td>
<td>14087:1</td>
<td>206:1</td>
</tr>
<tr>
<td>Preventable hospital stays</td>
<td># of hospital stays for ambulatory-care sensitive conditions per 1,000</td>
<td>65.3</td>
<td>70</td>
<td>35</td>
<td>117</td>
</tr>
<tr>
<td>Medicare enrollees</td>
<td>Medicare enrollees</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetic monitoring</td>
<td>% of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring</td>
<td>85%</td>
<td>84%</td>
<td>28%</td>
<td>92%</td>
</tr>
<tr>
<td>Mammography screening</td>
<td>% of female Medicare enrollees ages 67-69 that receive mammography screening</td>
<td>61%</td>
<td>61.4%</td>
<td>44.0%</td>
<td>71.6%</td>
</tr>
<tr>
<td><strong>Social and Economic Factors</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High school graduation</td>
<td>% of ninth-grade cohort that graduates in four years</td>
<td>85%</td>
<td>87%</td>
<td>72%</td>
<td>98%</td>
</tr>
<tr>
<td>Some college</td>
<td>% of adults ages 25-44 with some post-secondary education</td>
<td>56%</td>
<td>60.2%</td>
<td>26.7%</td>
<td>86.1%</td>
</tr>
<tr>
<td>Unemployment</td>
<td>% of population aged 16 and older unemployed but seeking work</td>
<td>7%</td>
<td>7.5%</td>
<td>5.3%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Children in poverty</td>
<td>% of children under age 18 in poverty</td>
<td>24%</td>
<td>22%</td>
<td>6%</td>
<td>33%</td>
</tr>
<tr>
<td>Income inequality</td>
<td>Ratio of household income at the 80th percentile to income at the 20th</td>
<td>4.4</td>
<td>4.3</td>
<td>3.2</td>
<td>6.5</td>
</tr>
<tr>
<td>Children in single-parent households</td>
<td>% of children that live in a household headed by single parent</td>
<td>31%</td>
<td>33%</td>
<td>12%</td>
<td>47%</td>
</tr>
<tr>
<td>Social associations</td>
<td># of membership associations per 10,000 population</td>
<td>12.6</td>
<td>12.7</td>
<td>7.7</td>
<td>22.4</td>
</tr>
<tr>
<td>Violent crime</td>
<td># of reported violent crime offenses per 100,000 population</td>
<td>199</td>
<td>334</td>
<td>14</td>
<td>1124</td>
</tr>
<tr>
<td>Injury deaths</td>
<td># of deaths due to injury per 100,000 population</td>
<td>73.8</td>
<td>62</td>
<td>31</td>
<td>118</td>
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<tr>
<td><strong>Physical Environment</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Air pollution – particulate matter</td>
<td>Average daily density of fine particulate matter in micrograms per cubic</td>
<td>11.9</td>
<td>13.5</td>
<td>13.0</td>
<td>14.2</td>
</tr>
<tr>
<td></td>
<td>meter (PM2.5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drinking water violations</td>
<td>% of population potentially exposed to water exceeding a violation limit</td>
<td>1.0%</td>
<td>4%</td>
<td>0%</td>
<td>39%</td>
</tr>
<tr>
<td></td>
<td>during the past year</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Severe housing problems</td>
<td>% of households with overcrowding, high housing costs, or lack of kitchen</td>
<td>14%</td>
<td>14%</td>
<td>7%</td>
<td>24%</td>
</tr>
<tr>
<td></td>
<td>or plumbing facilities</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Driving alone to work</td>
<td>% of workforce that drives alone to work</td>
<td>80%</td>
<td>83%</td>
<td>52%</td>
<td>90%</td>
</tr>
<tr>
<td>Long commute – driving alone</td>
<td>Among workers who commute in their car alone, % commuting &gt; 30 minutes</td>
<td>29%</td>
<td>30%</td>
<td>13%</td>
<td>56%</td>
</tr>
</tbody>
</table>

www.countyhealthrankings.org/indiana
## 2015 COUNTY HEALTH RANKINGS: DATA SOURCES AND YEARS OF DATA

<table>
<thead>
<tr>
<th>Measure</th>
<th>Data Source</th>
<th>Years of Data</th>
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<tbody>
<tr>
<td><strong>HEALTH OUTCOMES</strong></td>
<td></td>
<td></td>
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<tr>
<td>Length of Life</td>
<td>Premature death</td>
<td>National Center for Health Statistics – Mortality files 2010-2012</td>
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<tr>
<td>Quality of Life</td>
<td>Poor or fair health</td>
<td>Behavioral Risk Factor Surveillance System 2006-2012</td>
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<tr>
<td></td>
<td>Poor physical health days</td>
<td>Behavioral Risk Factor Surveillance System 2006-2012</td>
</tr>
<tr>
<td></td>
<td>Poor mental health days</td>
<td>Behavioral Risk Factor Surveillance System 2006-2012</td>
</tr>
<tr>
<td></td>
<td>Low birthweight</td>
<td>National Center for Health Statistics – Natality files 2006-2012</td>
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<tr>
<td><strong>HEALTH FACTORS</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>HEALTH BEHAVIORS</strong></td>
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<tr>
<td>Tobacco Use</td>
<td>Adult smoking</td>
<td>Behavioral Risk Factor Surveillance System 2006-2012</td>
</tr>
<tr>
<td>Diet and Exercise</td>
<td>Adult obesity</td>
<td>CDC Diabetes Interactive Atlas 2011</td>
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<tr>
<td></td>
<td>Food environment index</td>
<td>USDA Food Environment Atlas, Map the Meal Gap 2012</td>
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<td></td>
<td>Physical inactivity</td>
<td>CDC Diabetes Interactive Atlas 2011</td>
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<tr>
<td></td>
<td>Access to exercise opportunities</td>
<td>Business Analyst, Delorme map data, ESRI, &amp; US Census Tigerline Files 2010 &amp; 2013</td>
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<td>Alcohol and Drug Use</td>
<td>Excessive drinking</td>
<td>Behavioral Risk Factor Surveillance System 2006-2012</td>
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<td>Alcohol-impaired driving deaths</td>
<td>Fatality Analysis Reporting System 2009-2013</td>
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<td>Sexual Activity</td>
<td>Sexually transmitted infections</td>
<td>National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention 2012</td>
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<td>Teen births</td>
<td>National Center for Health Statistics – Natality files 2006-2012</td>
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<tr>
<td><strong>CLINICAL CARE</strong></td>
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<td>Access to Care</td>
<td>Uninsured</td>
<td>Small Area Health Insurance Estimates 2012</td>
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<td>Primary care physicians</td>
<td>Area Health Resource File/American Medical Association 2012</td>
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<td>Dentists</td>
<td>Area Health Resource File/National Provider Identification file 2013</td>
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<td>Mental health providers</td>
<td>CMS, National Provider Identification file 2014</td>
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<td>Quality of Care</td>
<td>Preventable hospital stays</td>
<td>Dartmouth Atlas of Health Care 2012</td>
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<td>Diabetic monitoring</td>
<td>Dartmouth Atlas of Health Care 2012</td>
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<td>Mammography screening</td>
<td>Dartmouth Atlas of Health Care 2012</td>
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<td><strong>SOCIAL AND ECONOMIC FACTORS</strong></td>
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<td>Education</td>
<td>High school graduation</td>
<td>data.gov, supplemented w/ National Center for Education Statistics 2011-2012</td>
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<td></td>
<td>Some college</td>
<td>American Community Survey 2009-2013</td>
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<td>Income</td>
<td>Children in poverty</td>
<td>Small Area Income and Poverty Estimates 2013</td>
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<td></td>
<td>Income inequality</td>
<td>American Community Survey 2009-2013</td>
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<tr>
<td>Family and Social Support</td>
<td>Children in single-parent households</td>
<td>American Community Survey 2009-2013</td>
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<td>Social associations</td>
<td>County Business Patterns 2012</td>
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<td>Community Safety</td>
<td>Violent crime</td>
<td>Uniform Crime Reporting – FBI 2010-2012</td>
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<td>Injury deaths</td>
<td>CDC WONDER mortality data 2008-2012</td>
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<td><strong>PHYSICAL ENVIRONMENT</strong></td>
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<td>Air and Water Quality</td>
<td>Air pollution – particulate matter</td>
<td>CDC WONDER environmental data 2011</td>
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<td>Drinking water violations</td>
<td>Safe Drinking Water Information System FY2013-14</td>
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<td>Housing and Transit</td>
<td>Severe housing problems</td>
<td>Comprehensive Housing Affordability Strategy (CHAS) data 2007-2011</td>
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<tr>
<td></td>
<td>Driving alone to work</td>
<td>American Community Survey 2009-2013</td>
</tr>
<tr>
<td></td>
<td>Long commute – driving alone</td>
<td>American Community Survey 2009-2013</td>
</tr>
</tbody>
</table>

1 Not available for AK and HI.
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Kathryn Wehr, MPH

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Transformation Implementation Plan (CTIP) Objectives
Strategic Direction 1: Tobacco-Free Living

Housing

PPO

• By September 2014, increase the number of people with access to smokefree housing from an unknown baseline to 20,550 (30% of residents in public multi-unit housing) in Vanderburgh, Gibson and Spencer Counties.

AMO

• By September 2014, increase the percent of smokefree public multi-unit housing residences from an unknown baseline to 30% (20,550 residents) in Vanderburgh, Spencer and Gibson Counties.

Quitline

PPO

• By September 2014, increase the number of enrollees in the Indiana Tobacco Quitline Preferred Referral Network from 187 to 374 (a 100% increase).

AMO

• By September 2014, increase the percent of worksites enrolled in the preferred referral network for the quitline by 50% each year; increasing the total number of enrollees from 187 to 374.

Second Hand Smoke

PPO

• By September 2014, increase tobacco control coalitions from 3 to 7 (100% of counties) in the 7 county SWIN HCP area.

AMO

• By September 2014, increase the percent of coalitions in the SWIN HCP area from 43% to 100% (or from 3 to 7 counties in the SWIN HCP area).
Strategic Direction 1: Tobacco-Free Living (cont’d)

University & College
PPO
• By September 2014, increase the number of smokefree campuses among colleges and universities from 2 to 6 (100% of area campuses).
AMO
• By September 2014, increase the percent of smokefree campuses from 33% to 100% (or from 2 to 6 campuses).

Youth
PPO
• By September 2014, increase the number of students involved in VOICE (Indiana’s tobacco control youth empowerment movement) from 204 to 408 (a percentage increase of 100%).
AMO
• By September 2014, increase the number of youth involved in tobacco control community activities by 50% (102 students) per project year.
**Strategic Direction 2: Active Living and Healthy Eating**

**4C of Southern Indiana**

**PPO**

- By September 2014, a baseline of 0 to a minimum of 40 (100%) Early Child Care Settings from the seven county reach of the Southwest Indiana Healthy Communities Partnership will implement improved nutrition and physical activity guidelines through practices aligned with the Child and Adult Care Food Program (CACFP), the Duke University Model State Child Care Regulations and Preventing Childhood Obesity in Early Care and Education Programs.

**AMO**

- By September 2014, increase the number of children in Early Child Care Settings within the seven county region of the Southwest Indiana Healthy Communities Partnership who access improved nutrition and physical activity practices following CACFP, Duke University, and Preventing Childhood Obesity in Early Care and Education Program guidelines from a [baseline unknown] to 4,000.

**SPARK**

**PPO**

- By September 2014, the number of school age children, in the seven county area will increase minutes of moderate to vigorous physical activity to a minimum of 50% (10,450 students) per physical education class from an unknown baseline by using Sports, Play and Active Recreation for Kids (SPARK) model.

**AMO**

- By September 2014, from an unknown baseline to 75 physical education/classroom teachers (Elementary/Middle/High Schools) in the seven county area will incorporate the Sports, Play and Active Recreation for Kids (SPARK) program within the physical education curriculum.
Healthy Communities Partnership of Southwest Indiana

Strategic Direction 2: Active Living and Healthy Eating (cont’d)

Take 10

PPO

- By September 2014, the number of elementary school age children, in the seven county area will increase the amount of physical activity within the classroom setting and enhance their knowledge of health and nutrition from an unknown baseline to a minimum of 1,200 students.

AMO

- By September 2014, a minimum of 40 elementary classroom teachers from an unknown baseline in the seven county area will implement the Take 10 curriculum.

Wellness Practices in Schools

PPO

- By September 2014, students across the seven county area that will have improved physical activity and nutrition opportunities will increase from [baseline unknown] to 10,450.

AMO

- By May 2014, a minimum of 27 schools (High Schools, Middle Schools and Elementary Schools) from a baseline of 5 schools (50% of schools in the 7 county area) in the Southwest Indiana Healthy Communities Partnership (7 counties) will make specific changes in their schools’ wellness practices that will be aligned with the state model wellness policy.
Strategic Direction 2: Active Living and Healthy Eating (cont’d)

Farm to School

PPO
- By September 2014, initiate Farm To School from a baseline of 0 (100%) to a minimum of two model schools in Dubois County.

AMO
- Increase the number of students in schools impacted by Farm To School initiatives from 0 to a potential reach of 340 (100%).

Corporate Champions Reach

PPO
- By September 2014, targeting worksites in the seven county area, increase opportunities for physical activity, nutrition, tobacco-free living and heart health to a worksite population of [baseline unknown] to 44,650.

AMO
- By September 2014, expand the Corporate Champion Initiative from 34 to 100 worksites in the seven county area (a percentage increase of 194%).

Corporate Champions Fit Friendly

PPO
- By September 2014, targeting worksites in the seven county area, increase opportunities for physical activity, nutrition, tobacco-free living and heart health to a worksite population of [baseline unknown] to 44,650.

AMO
- By September 2014, using criteria from the American Heart Association’s Fit-Friendly Worksite program; increase the percentage of Corporate Champion organizations recognized as Fit-Friendly Worksites from 0 to 25 (25% of Corporate Champions organizations).
Strategic Direction 2: Active Living and Healthy Eating (cont’d)

Fresh Produce Initiative

PPO
• By September 2014, increase from a baseline of 0 to a potential of 16,467 (100%) people that live within 8 census tracts within Vanderburgh County through the Fresh Produce Initiative.

AMO
• By September 2014, the Fresh Produce Initiative will increase access to healthy foods from a baseline of 0 to a minimum of 20 (100%) locations within the Area Plan Commission’s Urban Core Focus Areas consisting of Census Tracts 11, 12, 13, 14, 17, 19, 20 and 26.

Baby Friendly

PPO
• By September 2014, increase breastfeeding initiation rates at the two largest delivering hospitals within the seven county service area from a baseline of 75% of live births to 80% of live births resulting in a percentage change of 5%.

AMO
• By September 2014, increase from a baseline of 0 to 2 (100%) the number of hospitals that are designated as Baby-Friendly, aimed at increasing initiation, exclusivity, and duration and in implementing hospital-based breastfeeding friendly systems changes.

Food System

PPO
• By September 2014, develop a plan of action to implement from a baseline of 0 (100%) to a minimum of 2 recommendations from the Southwest Regional Hoosier Farmer’s Report

AMO
• By June 2013, establish a formal Regional Food System Council including representation from all seven counties to guide regional food systems efforts from a baseline of 0 (100%) with a potential reach of 375,693 people.
Strategic Direction 3: Increased Use of High-Impact Quality Clinical Preventative Services

YMCA Diabetes Prevention

PPO
- By September 2014, increase access to the YMCA Diabetes Prevention Program from a baseline of 30 participants to a potential reach of 300 participants (percentage change of 900%).

AMO
- By September 2014, increase the number of YMCA Diabetes Prevention Programs from a baseline of 1 county to 4 counties (approximately 60% of counties) across the seven county region.

Million Hearts

PPO
- By September 2014, increase the number of counties from zero to seven (100% of SWIN HCP area) implementing access, outreach, and public communication activities related to the Million Hearts™ ABCS (Appropriate Aspirin Therapy, Blood Pressure Control, Cholesterol Management, and Smoking Cessation), through programs that achieve synergy between prevention in health care and community settings.

AMO
- By September 2014, integrate the Million Hearts™ initiative across settings to increase awareness of cardiovascular disease prevention, from [baseline unknown] to 25% of the population in the seven county area, or 93,923 persons.
**Strategic Direction 3: Increased Use of High-Impact Quality Clinical Preventative Services (cont’d)**

**Visiting Nurse Association**

**PPO**

- By September 2014, all seven counties will increase use of and access to the Visiting Nurse Association’s expanded “Heal at Home” telehealth program from an unknown baseline of chronically ill patients age 65 and over to 1,008.

**AMO**

- By September 2014, expand “Heal at Home” telehealth program from an unknown baseline of chronically ill patients age 65 and over to 1,008.

**USI & SWIRCA**

**PPO**

- By September 2014, increase the number of older adults with access to an online health resource directory from a baseline of 0 to 55,025 (100%).

**AMO**

- By September 2014, have an online health resource directory available to impact a potential reach from a baseline of 0 to 55,025 (100%) adults age 65 and over in the seven county region.
Strategic Direction 5: Safe and Healthy Physical Environment

Evansville Area Trails Coalition

PPO
- By September 2014, from a baseline of zero, the 240,580 residents (100% of the population) in Vanderburgh and Warrick Counties will have improved environmental and system supports for active living opportunities through the development and implementation of a Resource/Fundraising plan.

AMO
- By June 2013, from a baseline of zero, the 240,580 residents (100% of the population) in Vanderburgh and Warrick County will have improved environmental and system supports for active living opportunities through the development of a Resource Development/Fundraising plan.

Parks

PPO
- By September 2014, from a baseline of zero, 358,676 residents (100% of population) in the Evansville metropolitan area (which includes Henderson, KY) will have increased environmental and system support for active living through the development and design of a new 37 acre urban park.

AMO
- By September 2014, from a baseline of zero, 358,676 residents (100% of population) across the Evansville metropolitan area (which includes Henderson, KY) will have increased environmental and system support for active living opportunities through the development of a new 37 acre park plan.
Healthy Communities Partnership of Southwest Indiana

Strategic Direction 5: Safe and Healthy Physical Environment (cont’d)

Built Environment

PPO

• By September 2014, improve environmental and system support for lifestyle and recreation related physical activity and transportation options through the development and implementation of a region-wide built environment plan, increasing reach from zero to 375,693 (100% of population) residents across the Southwest Indiana Healthy Communities Partnership region (seven county area).

AMO

• By November 2013, the number of residents across the Southwest Indiana Healthy Communities Partnership region (seven county area) whose active living opportunities are supported by a region-wide built environment (BE) plan will increase from zero to 375,693 (100% of population).

Infrastructure

PPO

• By September 2014, increase the number of infrastructure components supporting CTG activities from 0 to 3 (i.e. increase leadership team members; increase number of public exposed to CTG efforts; and increase number of partners exposed to CTG efforts).

AMO

• AMO 1: By September 2014, increase the number of leadership team members that support development and implementation of CTG strategies from baseline (8) to target (25).
• AMO 2: By September 2014, increase the number of public exposed to messages about community needs and CTG planned efforts and achievements from baseline (0) to target (25% of surveyed population or 93,923).
• AMO 3: By September 2014, increase the number of partners exposed to messages about community needs and CTG planned efforts and achievements from baseline (42) to target (125).
Classes and Events
A QUICK REFERENCE BY MONTH

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Breastfeeding: Getting Off to a Great Start! .................. 2
Chair Yoga for Beginners ........................................... 2
Couples Social Dancing — Level I ................................. 2
East Coast Swing ......................................................... 2
Couples Social Dancing — Level II ............................... 3
Night Club Two-Step .................................................. 3
Couples Social Dancing — Level I ................................. 3
West Coast Swing ....................................................... 3
Infant and Child CPR ................................................... 3
Mindfulness and Meditation Practices ........................... 3
Mother and Infant Care ............................................... 4
Pilates Combo .............................................................. 4
Prenatal Yoga ............................................................... 4
Prepared Childbirth Weekend Class............................... 5
Release/Rejuvenate with Drumming .............................. 5
Sculpt and Stretch ........................................................ 5
Standing Together to Prevent Falls ................................. 6
Tai Chi/QiGong ............................................................ 6
Weight Management Center
Information Sessions .................................................. 6
Yoga for You ............................................................... 7
Zumba ................................................................. 7

JUNE
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Breastfeeding: Getting Off to a Great Start! .................. 8
Infant and Child CPR ................................................... 8
Couples Social Dancing — Level I — Cha Cha ............... 8
Couples Social Dancing — Level I ................................. 9
East Coast Swing ......................................................... 9
Couples Social Dancing — Level I ................................. 9
Night Club Two Step .................................................. 9
Mindfulness and Meditation Practices ........................... 9
Mother and Infant Care ............................................... 10
Pilates Combo .............................................................. 10
Prepared Childbirth Weekend Class............................... 11
Release/Rejuvenate with Drumming .............................. 11
Tai Chi for Arthritis Program ........................................ 11
Tai Chi/QiGong ............................................................ 12
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Groovy Moves for Mom or Dad and Me .......................14
Health Coaching Series:
Ways to Nourish and Balance Yourself .........................15
Infant and Child CPR ...................................................15
Mindfulness and Meditation Practices ...........................15
Mother and Infant Care ...............................................16
Pilates Combo ..............................................................16
Prepared Childbirth Weekend Class...............................16
Release/Rejuvenate with Drumming ..............................16
Sculpt and Stretch ........................................................17
Sibling Class ...............................................................17
Tai Chi/QiGong ............................................................18
Weight Management Center
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Welcome to Live Well Evansville, a magazine brought to you by St. Mary’s Health. Our goal is to help the community live a healthier lifestyle by providing you with the tools you need to Live Well. Bring your friends and family and enjoy our wide range of classes and events, all created for the benefit of YOU!

Live Well Evansville Online
In addition to this magazine, you can find great health and wellness tips from St. Mary’s on our blog at LiveWellEvansville.com. This is a great public resource to help you stay on track during your healthy journey. Check it out for yourself!

Make the decision to make a difference in your life today. St. Mary’s will be behind you every step of the way!
**BREASTFEEDING: GETTING OFF TO A GREAT START!**
Presented by Terry Cooper, RN, Personal Birth Consultant

This two-hour class is taught by lactation consultants and gives in-depth information for pregnant women on how to get breastfeeding started positively.

- Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
- $10 per couple
- Location: “Gift” Conference Room located in the lobby of St. Mary’s Hospital for Women & Children
- Tuesday, May 5 from 6:00 p.m. - 8:00 p.m.
- Saturday May 23 from 1:00 p.m. - 3:00 p.m.

**CHAIR YOGA FOR BEGINNERS**

Chair yoga is an alternative style of yoga for people in an office setting wanting to take an occasional “healthy yoga break.” It is also an excellent opportunity for individuals who would like to explore the benefits of yoga but who are not comfortable getting up and down from the ground, as required in most traditional yoga classes. This 35-minute yoga class will include yoga poses done in chairs and yoga poses performed standing. This is a beginner-level class but can be enjoyed by all levels of fitness.

- Call 812.485.5725
- $30 for 4-week session. $12 drop-in class.
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Tuesdays, May 5, 12, 19, 26 from 10:00 a.m. - 10:35 a.m.

**COUPLES SOCIAL DANCING - LEVEL I EAST COAST SWING**
Presented by David and Donna Koring, instructors since 2003

Enjoy learning a traditional couple’s “swing dance.” This fast, lively partner dance is great for weddings, parties and club dancing. You will be taught basic footwork with various turns and patterns. Class is for those with no prior experience and can also be enjoyed as a refresher class.

- Call 812.485.5725
- 5-Week Class/$65 per couple
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Monday evenings, April 27, May 4, 11, 18 and June 1 from 7:00 p.m. - 8:00 p.m. No class May 25.

**UNITED MITOCHONDRIAL DISEASE FOUNDATION Energy for Life Walkathon**

Mitochondrial disease occurs when the mitochondria in a person’s cells cannot convert food into life-sustaining energy. Join the United Mitochondrial Disease Foundation’s annual Energy for Life: Evansville Walkathon.

- Get more information and pre-register online at www.energyforlifewalk.org/evansville
- Saturday, May 9 at 10:30 a.m.
- Burdette Park
COUPLES SOCIAL DANCING - LEVEL II - NIGHT CLUB TWO-STEP
Presented by David and Donna Koring, instructors since 2003

Deepen your technique in this “slow dance” with flash and style. Relaxed dance rhythm to all types of slow-beat music. Knowledge of basic Night Club Two-Step footwork is strongly recommended for this level two class.

- Call 812.485.5725
- 5-Week Class/$65 per couple
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Tuesdays, April 28 and May 5, 12, 19, and June 2 from 7:00 p.m. - 8:00 p.m. No class May 26.

COUPLES SOCIAL DANCING - LEVEL I - WEST COAST SWING
Presented by David and Donna Koring, instructors since 2003

A fabulous Friday date night opportunity. Learn a style of dance for all types of music in 4/4 rhythm. This style is enjoyed at weddings, parties and club dancing. Leader initiates the pattern of the dance that incorporates a basic extension-compression technique of partner connection. No prior experience necessary.

- Call 812.485.5725
- 5-Week Class/$65 per couple
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Friday evenings, May 1, 8, 15, 22 and June 5 from 6:30 p.m. – 7:30 p.m. No class May 29.

INFANT AND CHILD CPR

This is the American Heart Association’s CPR for Family and Friends course. There are no skills or written tests required for course completion.

- Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
- $25 per person
- Location: Meeting Room 4 located on the lower level of St. Mary’s Medical Center
- Thursday, May 21 from 6:30 p.m. – 9:00 p.m.

MINDFULNESS AND MEDITATION PRACTICES
Presented by Helen Emge Shymanski, E-CYT, CHC, CPI

A 35-minute lunchtime class presenting various ways to enjoy mindfulness and meditation through breathing practices, guided imagery, gentle yoga moves, tai chi moves, healing touch and music/sound. Explore a variety of easy self-care, stress reduction and “centering - quieting” practices.

- No registration required
- $5 per class
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Wednesdays, May 6, 13, 20, 27 from 12:15 p.m. - 12:50 p.m.
MOTHER AND INFANT CARE

This class covers the basics of caring for a new baby and new mom too! Topics covered include bathing, diapering, feeding baby and self-care for mom. This class is free if you are delivering at St. Mary’s Hospital for Women & Children.

• Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
• If not delivering at St. Mary’s, class is $15
• Location: Meeting Room 4 in the lower level of St. Mary’s Medical Center
• Thursday, May 14 from 6:00 p.m. - 8:30 p.m.

PILATES COMBO
Presented by Helen Emge Shymanski E-CYT, CHC, CPI and Daniela Blechnen

Build your “core” muscles with a combination of basic Pilates Mat and Pilates Barre movements. Strengthen and lengthen the abdominal, lower back, hip and buttock regions of your body. Gain stability and fluidity to your everyday movements.

• No registration required
• 45 minute class
• $8 per class
• Location: St. Mary’s Wellness Center at Epworth Crossing
• Mondays, May 4, 11, 18 from 4:30 p.m. - 5:15 p.m. No class May 25.
• Wednesdays, May 6, 13, 20, 27 from 5:30 p.m. - 6:15 p.m.
• Thursdays, May 7, 14, 21, 28 from 11:15 a.m. - 12:00 p.m.
• Fridays, May 1, 8, 15, 22, 29 from 9:45 a.m. - 10:30 a.m.

PRENATAL YOGA
Presented by Helen Emge-Shymanski, E-CYT, CHC, CPI, Certified Pre-Natal Yoga Instructor

A supportive yoga practice for expectant moms. Come enjoy a lunchtime session during this unique and special time for you. Research shows that prenatal yoga practice can shorten labor, improve birth outcomes, help increase relaxation, increase a sense of well-being and decrease symptoms related to the common discomforts of pregnancy.

• Pre-registration required by Friday, May 8. Physician approval required.
• Call 812.485.5725
• $40 for 4-week Course
• Location: St. Mary’s Wellness Center at Epworth Crossing
• Tuesdays, May 12, 19, 26, June 2 from 12 p.m. - 12:45 p.m.
• Wednesdays, May 13, 20, 27, June 3 from 4:30 p.m. - 5:15 p.m.
PREPARED CHILDBIRTH WEEKEND CLASS

This class covers the basics on how to prepare for the big day! Topics covered include breathing and relaxation, role of labor partner, stages and phases of labor, variations from normal labor, cesarean sections, medications and anesthesia.

- Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
- $60 per couple
- Location: Meeting Rooms 4 and 5 on the lower level of St. Mary’s Medical Center
- Saturday, May 9 from 9:00 a.m. – 4:00 p.m.

RELEASE/REJUVENATE WITH DRUMMING
Presented by Dawnelle Neighbors, Remo Drumming Facilitator

Relax and rejuvenate by creating rhythm/sound with others on hand and lap drums. Group drumming circles have been shown to strengthen the immune system, decrease job stress and help with fatigue, anxiety and depression. Truly fun, energizing and relaxing.

- No registration required
- Location: St. Mary’s Wellness Center at Epworth Crossing
- 35 minute class
- $5 per class
- Mondays, May 4, 11, 18 from 10:30 a.m. – 11:05 a.m. No class May 25
- Fridays, May 1, 8, 15, 22, 29 from 12:15 p.m. - 12:50 p.m.

SCULPT AND STRETCH
Presented by Kathy Elliott, Certified Yoga Instructor

Arms, legs, core strengthening class with a yoga foundation. Slim, trim and firm up your physique. This class is welcoming for all fitness levels and encourages you to do what you can and rest when you need. If you are looking for an opportunity to enjoy a more rigorous work out, get started today.

- No registration required
- Call 812.485.5725
- $8 per class
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Thursdays, May 7, 14, 21, 28 from 8:30 a.m. – 9:15 a.m.

SAFE SITTER CLASSES

Safe Sitter is a medically-accurate babysitting training program recognized by the American Academy of Pediatrics. It teaches boys and girls aged 11-13 to safely care for younger children in a nurturing way. Through hands-on teaching and discussion, a knowledgeable professional educates the participants on basic childcare, behavior management, basic life saving techniques and accident prevention techniques.

Registration required. | Please call 812.485.5607 for date and times.
STANDING TOGETHER TO PREVENT FALLS
Presented by Mary Raley, BSN, RN, CEN, TNS

One of the most serious risks that older adults face when they remain in their homes is falling and sustaining a serious injury. Standing Together to Prevent Falls includes information on home safety, how proper nutrition can help prevent falls, the important role vision plays and how certain exercises can improve balance and coordination. St. Mary’s pharmacists will discuss medications and how they might contribute to the risk of falling.

- Event is free but pre-registration is required
- Box lunch is provided
- Call 812.485.6827
- Location: St. Mary’s Manor Auditorium
- Tuesday, May 12 from 9:00 a.m. – 2:00 p.m.

TAI CHI/QI GONG
Presented by Mike Goebel, Tai Chi Instructor since 1995

Tai Chi/QiGong is often called meditation in motion. Learn and experience slow, gentle and graceful body movements coordinated with breath. Typically done standing, the practice can also be enjoyed seated. Medically proven to have multiple health benefits including alleviating symptoms of stress, arthritis, fibromyalgia, Parkinson’s disease, and Multiple Sclerosis; aids in fall prevention, heart health and restful sleep.

- No registration required
- Location: St. Mary’s Wellness Center at Epworth Crossing

- 35 minute classes
  - $5 per class
  - Mondays, May 4, 11, 18 from 3:30 p.m. - 4:05 p.m. No class May 25
  - Wednesdays, May 6, 13, 20, 27 from 11:30 a.m. - 12:05 p.m.
  - Wednesdays, May 6, 13, 20, 27 from 3:00 p.m. - 3:35 p.m.
  - Thursdays, May 7, 14, 21, 28 from 1:15 p.m. - 1:50 p.m.

- 60 minute classes
  - $10 per class
  - Tuesdays, May 5, 12, 19, 26 from 4:00 p.m. - 5:00 p.m.
  - Wednesdays, May 6, 13, 20, 27 from 1:15 p.m. – 2:15 p.m.

WEIGHT MANAGEMENT CENTER INFORMATION SESSIONS

St. Mary’s Weight Management Center holds FREE information sessions every month for you and your friends or family to hear more about our surgical weight management options.

- Pre-registration required
- Call 812.485.5858
- No fee for session
- Tuesdays, May 12 and 26 from 5:30 p.m. - 6:30 p.m.
WEIGH DOWN!

To be eligible, the participant must:

- Be a resident of Vanderburgh County
- Must attend 5 weekly classes
- Must need to lose at least 20 pounds or more
- Daytime classes from 1:00 p.m. - 2:30 p.m. or evening classes from 6:00 p.m. - 7:30 p.m. on May 6, 13, 20, 27, June 3, July 1, 8, 15, 22, 29
- Location: Vanderburgh County Health Department

For more information or to register, call 812.435.5807.

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YOGA FOR YOU
Presented by Helen Shymanski, E-CYT, CHC, CPI Kathy Elliot, CYT or Elizabeth Hiett, CYT

This class is approachable and satisfying for all levels — beginners to experienced. The word yoga means to unite, to connect. Yoga can be so much more than just a physical workout. It can be experienced as mindful movement and as the practice of developing awareness and “connection” to your body, mind and spirit. It is also a way to improve strength, balance and flexibility. Yoga does not have to be difficult, nor does it require sweating. It can be a joyful, peaceful, fulfilling practice, just for you.

- No registration required
- Location: St. Mary’s Wellness Center at Epworth Crossing
- 35 minute classes
  - $5 per class
  - Thursdays, May 7, 14, 21, 28 from 12:15 p.m. - 12:50 p.m.
- 45 minute classes
  - $8 per class
  - Tuesdays, May 5, 12, 19, 26 from 11:00 a.m. - 11:45 a.m.
  - Thursdays, May 7, 14, 21, 28 from 4:30 p.m. - 5:15 p.m.
- 60 minute classes
  - $10 per class (package discount prices available)
  - Mondays, May 4, 11, 18 from 11:30 a.m. - 12:30 p.m. No class May 25
  - Mondays, May 4, 11, 18 from 5:30 p.m. - 6:30 p.m. No class May 25
  - Tuesdays, May 5, 12, 19, 26 from 8:30 a.m. - 9:30 a.m.
  - Wednesdays, May 6, 13, 20, 27 from 9:00 a.m. - 10:00 a.m.
  - Fridays, May 1, 8, 15, 22, 29 from 8:30 a.m. - 9:30 a.m.

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ZUMBA

Zumba has been called “exercise in disguise.” Latin-infused dance fitness class with a festive, party atmosphere. Fun, energetic style class with cardio, muscle conditioning, balance and flexibility components.

- Registration required
- Please call 812.485.5725 for dates and times.
- Location: St. Mary’s Wellness Center at Epworth Crossing
AARP SMART DRIVER COURSE

Cars have changed and so have traffic rules, driving conditions and the roads we drive every day. Attendees will learn defensive techniques, new traffic laws and the rules of the road, how to handle problem situations such as left turns, right of way, interstate highway traffic, trucks and blind spots. The course will also offer information on how to adjust driving due to age-related changes in vision, hearing and reaction time. Program graduates may receive auto insurance multi-year discounts.

- Registration required
- Call 812.485.6827 or 812.485.6817
- $15 for AARP members; $20 for non-AARP members
- Location: Meeting Room 2, located on the lower level of St. Mary’s Medical Center
- Wednesday, June 24 from 12:00 p.m. - 4:00 p.m.

BREASTFEEDING: GETTING OFF TO A GREAT START!

This two-hour class is taught by lactation consultants and gives in-depth information for pregnant women on how to get breastfeeding started positively.

- Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
- $10 per couple
- Location: “Gift” Conference Room located in the lobby of St. Mary’s Hospital for Women & Children
- Tuesday, June 9 from 6:00 p.m. - 8:00 p.m.
- Saturday, June 13 from 1:00 p.m. - 3:00 p.m.

INFANT AND CHILD CPR

This is the American Heart Association’s CPR for Family and Friends course. There are no skills or written tests required for course completion.

- Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
- $25 per person
- Location: Meeting Room 4 located on the lower level of St. Mary’s Medical Center
- Thursday, June 25 from 6:30 p.m. - 9:00 p.m.

COUPLES SOCIAL DANCING LEVEL I – CHA CHA
Presented by David and Donna Koring, Instructors since 2003

Latin style dance with distinct repetitive foot work. Danced to a 1-2-3 step rhythm. Music is energetic with steady upbeat tempo. Great for social dancing and club dancing. No prior experience necessary.

- Pre-registration required by Thursday, June 11
- Call 812.485.5725
- 5-Week Class/$65 per couple
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Mondays, June 15, 22, 29 and July 6, 13 from 7:00 p.m. - 8:00 p.m.
COUPLES SOCIAL DANCING LEVEL I - EAST COAST SWING
Presented by David and Donna Koring, Instructors since 2003

Traditional “swing dance.” Fast lively partner dance. Basic footwork with various turns and patterns. Great for weddings, parties and social dancing. No prior experience necessary.

- Pre-registration required by Thursday, June 11
- Call 812.485.5725
- 5-Week Class/$65 per couple
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Tuesdays, June 16, 23, 30 and July 7, 14 from 7:00 p.m. – 8:00 p.m.

COUPLES SOCIAL DANCING LEVEL I - NIGHT CLUB TWO STEP
Presented by David and Donna Koring, Instructors since 2003

“Slow dance” to relatively all types of slow music. Add style and flash to your slow dance. Great for weddings, parties and social dancing. No prior experience necessary.

- Pre-registration required by Thursday, June 11
- Call 812.485.5725
- 5-Week Class/$65 per couple
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Fridays, June 19, 26 and July 10, 17, 24. No class July 3

MINDFULNESS AND MEDITATION PRACTICES
Presented by Helen Emge Shymanski, E-CYT, CHC, CPI

A 35-minute lunchtime class presenting various ways to enjoy mindfulness and meditation through breathing practices, guided imagery, gentle yoga moves, tai chi moves, healing touch and music/sound. Explore a variety of easy self-care, stress reduction and “centering - quieting” practices.

- No registration required
- $5 per class
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Wednesdays, June 3, 10, 17, 24 from 12:15 p.m. - 12:50 p.m.

HEARTMATH® RESILIENCE ADVANTAGE PROGRAM
Skills for personal and professional effectiveness

Presented by Helen Emge Shymanski, E-CYT, CHC, CPI
HeartMath® certified trainer and licensed coach
HeartMath® LLC is dedicated to improving health, performance and well-being at home and in the workplace. The HeartMath System is comprised of techniques, tools and technology that enable people to transform stress, better regulate emotional responses and harness the power of heart/brain communication.

- Please call 812.485.5725 for dates and times.
- Location: St. Mary’s Wellness Center at Epworth Crossing
MOTHER AND INFANT CARE

This class covers the basics of caring for a new baby and new mom too! Topics covered include bathing, diapering, feeding baby and self care for mom. This class is free if you are delivering at St. Mary’s Hospital for Women & Children.

- Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
- If not delivering at St. Mary’s, class is $15
- Location: Meeting Room 4 on the lower level of St. Mary’s Medical Center
- Thursday, June 4 from 6:00 p.m. - 8:30 p.m.

PILATES COMBO
Presented by Helen Emge Shymanski E-CYT, CHC, CPI and Daniela Blechner

Build your “core” muscles with a combination of basic Pilates Mat and Pilates Barre movements. Strengthen and lengthen the abdominal, lower back, hip and buttock regions of your body. Gain stability and fluidity to your everyday movements.

- No registration required
- 45 minute class
- $8 per class
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Mondays, June 1, 8, 15, 22, 29 from 4:30 p.m. - 5:15 p.m.
- Wednesdays, June 3, 10, 17, 24 from 5:30 p.m. - 6:15 p.m.
- Thursdays, June 4, 11, 18, 25 from 11:15 a.m. - 12:00 p.m.
- Fridays, June 5, 12, 19, 26 from 9:45 a.m. - 10:30 a.m.

SPECIAL HOLISTIC SERVICES FOR THOSE IN CANCER TREATMENT

At St. Mary’s Wellness Center, we understand that those recently diagnosed with cancer and those actively undergoing IV chemotherapy and/or radiation treatment face a uniquely challenging time on their healing and wellness path. Through our St. Mary’s Hope Programs at the Wellness Center, we offer support and encouragement to explore new beginnings and avenues of self-care during this time. Those in active treatment for a cancer diagnosis are invited to make an appointment to create a package of complimentary services. Call 812.485.5725 to make an appointment.

Bundle a package of free classes or services which could include:
- Group Class Attendance: Tai Chi, Yoga, Drumming, Meditation/Mindfulness
- Personal half-hour Self-Care Appointments: Relaxation Massage, Reflexology
- Scheduling a private wig, scarf and hat fitting
- Connecting you to Reach for Recovery Facilitators
- Signing you up for a Look Good, Feel Better workshop
PREPARED CHILDBIRTH WEEKEND CLASS

This class covers the basics on how to prepare for the big day! Topics covered include breathing and relaxation, role of labor partner, stages and phases of labor, variations from normal labor, cesarean sections, medications and anesthesia.

- Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
- $60 per couple
- Location: Meeting Rooms 4 and 5 on the lower level of St. Mary’s Medical Center
- Saturday, June 20 from 9:00 a.m. - 4:00 p.m.

RELEASE/REJUVENATE WITH DRUMMING

Presented by Dawnelle Neighbors, Remo Drumming Facilitator

Relax and rejuvenate by creating rhythm/sound with others on hand and lap drums. Group drumming circles have been shown to strengthen the immune system, decrease job stress and help with fatigue, anxiety and depression. Truly fun, energizing and relaxing.

- No registration required
- Location: St. Mary’s Wellness Center at Epworth Crossing
- 35 minute class
- $5 per class
- Mondays, June 1, 8, 15, 22, 29 from 10:30 a.m. - 11:05 a.m.
- Fridays, June 5, 12, 19, 26 from 12:15 p.m. - 12:50 p.m.

TAI CHI FOR ARTHRITIS PROGRAM

Presented by Mike Goebel, Tai Chi Instructor since 1995

The Tai Chi for Arthritis Program was developed by Dr. Paul Lam and a group of medical and Tai Chi experts. It has gained worldwide acceptance by Arthritis Foundations and is proven by scientific studies to be safe and effective. This evidence-based program incorporates the Sun Style’s QiGong movements.

- Call 812.485.5725
- $75 for 8-week Course
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Mondays, June 15, 22, 29 thru July and early August 1:30 p.m. - 2:30 p.m.
- Tuesdays, June 16, 23, 30 thru July and early August from 5:30 p.m. - 6:30 p.m.

STOP SMOKING PROGRAM

The Vanderburgh County Health Department offers six weeks of FREE Nicotine Patches to help smokers quit!

To be eligible the participant must:
- Be 18 years old
- Smoke at least one-pack a day
- Obtain a doctor’s permission slip
- Attend four one-hour classes

- Daytime classes from 1:00 p.m. - 2:00 p.m.
- or evening classes from 6:00 p.m. - 7:00 p.m.
- on June 9, 16, 23, 30
- Location: Vanderburgh County Health Department
- Call 812.435.5807 to register
TAI CHI/QIGONG
Presented by Mike Goebel, Tai Chi Instructor since 1995

Tai Chi/QiGong is often called meditation in motion. Learn and experience slow, gentle and graceful body movements coordinated with breath. Typically done standing, the practice can also be enjoyed seated. Medically proven to have multiple health benefits including alleviating symptoms of stress, arthritis, fibromyalgia, Parkinson’s disease, and Multiple Sclerosis; aids in fall prevention, heart health and restful sleep.

- No registration required
- Location: St. Mary’s Wellness Center at Epworth Crossing

- 35 minute classes
- $5 per class
- Note: There will be no Tai Chi classes June 8 - June 12
- Mondays, 1, 15, 22, 29 from 3:30 p.m. - 4:05 p.m. No class June 8
- Wednesdays, June 3, 17, 24 from 11:30 a.m. - 12:05 p.m. No class June 10
- Wednesdays, June 3, 17, 24 from 3:00 p.m. - 3:35 p.m. No class June 10
- Thursdays, June 4, 18, 25 from 1:15 p.m. - 1:50 p.m. No class June 11

- 60 minute classes
- $10 per class
- Tuesdays, June 2, 16, 23, 30 from 4:00 p.m. - 5:00 p.m. No class June 9
- Wednesdays, June 3, 17, 24 from 1:15 p.m. – 2:15 p.m. No class June 10

SCULPT AND STRETCH
Presented by Kathy Elliott, Certified Yoga Instructor

Arms, legs, core strengthening class with a yoga foundation. Slim, trim and firm up your physique. This class is welcoming for all fitness levels, and encourages you to do what you can and rest when you need. If you are looking for an opportunity to enjoy a more rigorous work out, get started today.

- No registration required
- Call 812.485.5725
- $8 per class
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Thursdays, June 4, 11, 18, 25 from 8:30 a.m. – 9:15 a.m.

ST. MARY’S 35TH ANNUAL HERITAGE OPEN
Monday, June 8

Join us for a day of golf, food and fellowship. Know that your generosity has helped raise more than $4 million. These dollars have allowed St. Mary’s to provide healthcare services for poor and vulnerable children and families in our community.

- Monday, June 8
- Location: Evansville Country Club
- Call 812.485.5850
- Email brooke.wagner@stmarys.org for more information.
WEIGHT MANAGEMENT CENTER INFORMATION SESSIONS

St. Mary’s Weight Management Center holds FREE information sessions every month for you and your friends or family to hear more about our surgical weight management options.

- Pre-registration required
- Call 812.485.5858
- No fee for session
- Tuesdays, June 9 and 23 from 5:30 p.m. - 6:30 p.m.

YOGA FOR YOU
Presented by Helen Shymanski, E-CYT, CHC, CPI, Kathy Elliot, CYT or Elizabeth Hiett, CYT

This class is approachable and satisfying for all levels — beginners to experienced. The word yoga means to unite, to connect. Yoga can be so much more than just a physical work-out. It can be experienced as mindful movement and as the practice of developing awareness and “connection” to your body, mind and spirit. It is also a way to improve strength, balance and flexibility. Yoga does not have to be difficult, nor require sweating. It can be a joyful, peaceful, fulfilling practice, just for you.

- No registration required
- Location: St. Mary’s Wellness Center at Epworth Crossing
- 35 minute classes
- $5 per class
- Thursdays, June 4, 11, 18, 25 from 12:15 p.m. - 12:50 p.m.

- 45 minute classes
- $8 per class
- Tuesdays, June 2, 9, 16, 23, 30 from 11:00 a.m. - 11:45 a.m.
- Thursdays, June 4, 11, 18, 25 from 4:30 p.m. - 5:15 p.m.

- 60 minute classes
- $10 per class (package discount prices available)
- Mondays, June 1, 8, 15, 22, 29 from 11:30 a.m. - 12:30 p.m.
- Mondays, June 1, 8, 15, 22, 29 from 5:30 p.m. - 6:30 p.m.
- Tuesdays, June 2, 9, 16, 23, 30 from 8:30 a.m. - 9:30 a.m.
- Wednesdays, June 3, 10, 17, 24 from 9:00 a.m. - 10:00 a.m.
- Fridays, June 5, 12, 19, 26 from 8:30 a.m. - 9:30 a.m.

ZUMBA

Zumba has been called “exercise in disguise.” Latin-infused dance fitness class with a festive, party atmosphere. Fun, energetic style class with cardio, muscle conditioning, balance and flexibility components.

- Registration required
- Please call 812.485.5725 for dates and times.
- Location: St. Mary’s Wellness Center at Epworth Crossing
BREASTFEEDING: GETTING OFF TO A GREAT START!

This two-hour class is taught by lactation consultants and gives in-depth information for pregnant women on how to get breastfeeding started positively.

- Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
- $10 per couple
- Location: “Gift” Conference Room located in the lobby of St. Mary’s Hospital for Women & Children
- Saturday, July 18 from 1:00 p.m. - 3:00 p.m.
- Tuesday, July 21 from 6:00 p.m. - 8:00 p.m.

CHAIR YOGA FOR BEGINNERS

Chair yoga is an alternative style of yoga for people in an office setting wanting to take an occasional “healthy yoga break.” It is also an excellent opportunity for individuals who would like to explore the benefits of yoga but who are not comfortable getting up and down from the ground, as required in most traditional yoga classes. This 35-minute yoga class will include yoga poses done in chairs and yoga poses performed standing. This is a beginner-level class but can be enjoyed by all levels of fitness.

- Please call 812.485.5725 for dates and times.
- Location: St. Mary’s Wellness Center at Epworth Crossing

GROOVEY MOVES FOR MOM OR DAD AND ME

Presented by Nicole Newmaster

A two-hour workshop for a parents and children filled with good dancing fun to oldies music and popular tunes from today. Incorporating fun, moves and music through the eras. Kids and parents can join to have great fun, moving and grooving side by side.

- Pre-registration by Tuesday, July 14
- Call 812.485.5725
- $20 for one parent and one child (additional child or parent $5)
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Saturday, July 18 from 9:30 a.m. - 11:30 a.m.

MASSAGE AND REFLEXOLOGY

Schedule your appointment today!

Interested in relaxation, pain reduction and increased blood flow? These are just some of the benefits of massage and reflexology.

Learn more at stmarys.org/wellnesscenter or schedule a $60/hour reflexology appointment at 812.485.5725.
HEALTH COACHING SERIES: WAYS TO NOURISH AND BALANCE YOURSELF
Presented by Helen Emge Shymanski, E-CYT, CHC, CPI

This class series will support you in taking steps towards making small but powerful changes in your health and state of well-being. Using an integrative health coaching approach, this 3-week series will explore various ways to nourish yourself and become mindful of creating more balance in your life. Topics discussed include the multi-spoke integrative health wheel, approaches to lifestyle behavior change, helpful information on nutrition, body-mind-spirit movement and meditation practices and action steps towards change.

- Registration required
- Please call 812.485.5725 for dates and times.
- Location: St. Mary’s Wellness Center at Epworth Crossing

INFANT AND CHILD CPR

This is the American Heart Association’s CPR for Family and Friends course. There are no skills or written tests required for course completion.

- Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
- $25 per person
- Location: Meeting Room 4 located on the lower level of St. Mary’s Medical Center
- Thursday, July 16 from 6:30 p.m. - 9:00 p.m.

MINDFULNESS AND MEDITATION PRACTICES
Presented by Helen Emge Shymanski, E-CYT, CHC, CPI

A 35-minute lunchtime class presenting various ways to enjoy mindfulness and meditation through breathing practices, guided imagery, gentle yoga moves, tai chi moves, healing touch and music/sound. Explore a variety of easy self-care, stress reduction and “centering - quieting” practices.

- No registration required
- $5 per class
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Wednesdays, July 1, 8, 15, 22, 29 from 12:15 p.m. - 12:50 p.m.
MOTHER AND INFANT CARE

This class covers the basics of caring for a new baby and new mom too! Topics covered include bathing, diapering, feeding baby and self-care for mom. This class is free if you are delivering at St. Mary's Hospital for Women & Children.

- Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
- If not delivering at St. Mary’s, class is $15
- Location: Meeting Room 4 on the lower level of St. Mary’s Medical Center
- Thursday, July 9 from 6:00 p.m. - 8:30 p.m.

PILATES COMBO
Presented by Helen Emge Shymanski E-CYT, CHC, CPI and Daniela Blechner

Build your “core” muscles with a combination of basic Pilates Mat and Pilates Barre movements. Strengthen and lengthen the abdominal, lower back, hip and buttock regions of your body. Gain stability and fluidity to your everyday movements.

- No registration required
- 45 minute class
- $8 per class
- Location: St. Mary’s Wellness Center at Epworth Crossing
- Mondays, July 6, 13, 20, 27 from 4:30 p.m. - 5:15 p.m.
- Wednesdays, July 1, 8, 15, 22, 29 from 5:30 p.m. - 6:15 p.m.
- Thursdays, July 2, 9, 16, 23, 30 from 11:15 a.m. – 12:00 p.m.
- Fridays, July 10, 17, 24, 31 from 9:45 a.m. - 10:30 a.m. No class July 3.

PREPARED CHILDBIRTH WEEKEND CLASS

This class covers the basics on how to prepare for the big day! Topics covered include breathing and relaxation, role of labor partner, stages and phases of labor, variations from normal labor, cesarean sections, medications and anesthesia.

- Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
- $60 per couple
- Location: Meeting Rooms 4 & 5 in the lower level of St. Mary’s Medical Center
- Saturday, July 18 from 9:00 a.m. - 4:00 p.m.

RELEASE/REJUVENATE WITH DRUMMING
Presented by Dawnelle Neighbors, Remo Drumming Facilitator

Relax and rejuvenate by creating rhythm/sound with others on hand and lap drums. Group drumming circles have been shown to strengthen the immune system, decrease job stress and help with fatigue, anxiety and depression. Truly fun, energizing and relaxing.

- No registration required
- Location: St. Mary’s Wellness Center at Epworth Crossing
- 35 minute class
- $5 per class
- Mondays, July 6, 13, 20, 27 from 10:30 a.m. – 11:05 a.m.
- Fridays, July 10, 17, 24, 31 from 12:15 p.m. - 12:50 p.m. No class July 3.
SCULPT AND STRETCH
Presented by Kathy Elliott, Certified Yoga instructor

Arms, legs, core strengthening class with a yoga foundation. Slim, trim and firm up your physique. This class is welcoming for all fitness levels, and encourages you to do what you can and rest when you need. If you are looking for an opportunity to enjoy a more rigorous work out, get started today.

• No registration required
• Call 812.485.5725
• $8/class
• Location: St. Mary’s Wellness Center at Epworth Crossing
• Thursdays, July 2, 9, 16, 23, 30 from 8:30 a.m. – 9:15 a.m.

SIBLING CLASS

A new baby is going to take a lot of mom and dad’s time and attention. This class will help to offer reassurance to big brothers and sisters about the newest addition to their family. This class is recommended for children ages 3 – 8. Children must be accompanied by an adult. Please have your child bring a baby doll or stuffed animal to class for practice holding. In the comment section, please list your child’s name and age.

• Pre-registration required at stmarys.org or contact Terry Cooper at 812.485.6016
• $8 per child
• Location: Meeting Room 4 on the lower level of St. Mary’s Medical Center
• Thursday, July 30 from 6:00 p.m. - 7:30 p.m.

LIVE WELL BLOG

Helping our community live a healthier lifestyle — one blog post at a time.

Want to learn more about how you can LIVE WELL? Visit our blog: LiveWellEvansville.com

Live Well Evansville blog is provided by St. Mary’s Health as a resource for the advancement of health and wellness in our community.
TAI CHI/QIGONG
Presented by Mike Goebel, Tai Chi Instructor since 1995

Tai Chi/QiGong is often called meditation in motion. Learn and experience slow, gentle and graceful body movements coordinated with breath. Typically done standing, the practice can also be enjoyed seated. Medically proven to have multiple health benefits including alleviating symptoms of stress, arthritis, fibromyalgia, Parkinson, and Multiple Sclerosis; aids in fall prevention, heart health and restful sleep.

- No registration required
- Location: St. Mary’s Wellness Center at Epworth Crossing

- 35 minute classes
- $5 per class
- Mondays, July 6, 13, 20, 27 from 3:30 p.m. - 4:05 p.m.
- Wednesdays, July 1, 8, 15, 22, 29 from 11:30 a.m. - 12:05 p.m.
- Wednesdays, July 1, 8, 15, 22, 29 from 3:00 p.m. - 3:35 p.m.
- Thursdays, July 2, 9, 16, 23, 30 from 1:15 p.m. - 1:50 p.m.

- 60 minute classes
- $10 per class
- Tuesdays, July 7, 14, 21, 28 from 4:00 p.m. - 5:00 p.m.
- Wednesdays, July 1, 8, 15, 22, 29 from 1:15 p.m. – 2:15 p.m.

WEIGHT MANAGEMENT CENTER INFORMATION SESSIONS

St. Mary’s Weight Management Center holds FREE information sessions every month for you and your friends or family to hear more about our surgical weight management options.

- Pre-registration required. Call 812.485.5858
- No fee for session
- Tuesdays, July 14 & 28 from 5:30 p.m. - 6:30 p.m.

LIFESTYLE FOR LIVING
Focused on adults 50 and over

Increase your range of motion, strength and endurance. Utilizing 5 – 7 inch balls, bands and weights, this class also includes relaxation and stretching techniques that are low impact and done while sitting and/or standing near a chair. Participants can join anytime. The instructor will adjust the activities to take different fitness levels into account. A physician’s clearance is requested upon registration.

- Registration required
- Call 812.485.4110
- $49/individual or $83/couple for 18 sessions (expires after four months)
- Free with Healthy Lives Fitness Center Membership
- Location: St. Mary’s Healthy Lives Fitness Center in the lower level of St. Mary’s Rehabilitation Institute
- Mondays and Wednesdays from 11:00 a.m. – 12:00 p.m.
YOGA FOR YOU
Presented by Helen Emge Shymanski, E-CYT, CHC, CPI
Kathy Elliot, CYT or Elizabeth Hiett, CYT

This class is approachable and satisfying for all levels — beginners to experienced. The word yoga means to unite, to connect. Yoga can be so much more than just a physical work-out. It can be experienced as mindful movement and as the practice of developing awareness and “connection” to your body, mind and spirit. It is also a way to improve strength, balance and flexibility. Yoga does not have to be difficult, nor require sweating. It can be a joyful, peaceful, fulfilling practice, just for you.

• No registration required
• Location: St. Mary’s Wellness Center at Epworth Crossing

• 35 minute classes
• $5 per class
• Thursdays, July 2, 9, 16, 23, 30 from 12:15 p.m. - 12:50 p.m.

• 45 minute classes
• $8 per class
• Tuesdays, July 7, 14, 21, 28 from 11:00 a.m. - 11:45 a.m.
• Thursdays, July 2, 9, 16, 23, 30 from 4:30 p.m. – 5:15 p.m.

• 60 minute classes
• $10 per class (package discount prices available)
• Mondays, July 6, 13, 20, 27 from 11:30 a.m. - 12:30 p.m.
• Mondays, July 6, 13, 20, 27 from 5:30 p.m. - 6:30 p.m.
• Tuesdays, July 7, 14, 21, 28 from 8:30 a.m. – 9:30 a.m.
• Wednesdays July 1, 8, 15, 22, 29 from 9:00 a.m. - 10:00 a.m.
• Fridays, July 10, 17, 24, 31 from 8:30 a.m. - 9:30 a.m. No class July 3

ZUMBA

Zumba has been called “exercise in disguise.” Latin-infused dance fitness class with a festive, party atmosphere. Fun, energetic style class with cardio, muscle conditioning, balance and flexibility components.

• Registration required
• Please call for dates and times at 812.485.5725
• Location: St. Mary’s Wellness Center at Epworth Crossing
BIPOLAR SUPPORT GROUP
If you or a loved one is living with bipolar disorder, you are invited to attend the support group for a chance to find hope and gain support.

- No pre-registration required
- Location: Kempf Bipolar Wellness Center (3rd floor of St. Mary’s Rehabilitation Institute)
- First and third Wednesday of the month
- 7:00 p.m. - 8:30 p.m.
- For more information, please call 812.485.4934

CARDIAC SUPPORT GROUP
St. Mary’s Cardiac Support Group offers educational and social opportunities for adults who have been diagnosed with heart failure and/or cardiovascular disease. Family members or anyone interested in cardiovascular disease and heart failure are welcome to attend.

- No pre-registration required
- Meets the second Wednesday of the month in March, June, September and December 2015
- 12:00 p.m. – 1:00 p.m.
- Location: Cardiac Conference Room (2nd floor of St. Mary’s Center for Advanced Medicine)

MENDING HEARTS: PREGNANCY LOSS SUPPORT GROUP
Meetings are facilitated by professionals in bereavement support.
Mending Hearts: Pregnancy Loss Program provides a place to share your thoughts and feelings with others in an atmosphere of acceptance and understanding. You are invited to bring a friend or relative with you. Grandparents can also benefit from the program.

- No pre-registration required
- Location: “Gift” Conference Room - come to the entrance of the Hospital for Women & Children
- Meets on the first Tuesday of each month
- 6:30 p.m. – 7:30 p.m.
- Resource material on perinatal bereavement is available
- For more information, please call 812.485.4204

MEN’S CANCER SUPPORT GROUP
Led by cancer survivor, volunteer Richard Condi
This support group has been meeting for about one year. The group welcomes and encourages men of all ages to join, those who are currently experiencing cancer treatment and survivors. All forms of cancer journeys are shared and supported amongst the participants.

- No pre-registration required
- Location: St. Mary’s Epworth Crossing Community Conference Room
- Meets on the second Tuesday of each month
- 5:30 p.m. – 6:30 p.m.
- Contact Richard at 812.598.1720 or R.Condi@twc.com

PULMONARY REHAB SUPPORT GROUP
St. Mary’s Pulmonary Rehab Support Group offers educational and social opportunities for adults with diagnosed lung disease. Family members or anyone else interested in lung disease are welcome to attend. Activities include social gatherings, harmonica playing, guest speakers, presentations, and refreshments.

- No pre-registration required
- Please call 812.485.5230 for more information
- Meets the first Wednesday of the month in June, September and December 2015
- 12:00 p.m. - 1:00 p.m.
- Location: Cardiac Conference Room (2nd floor of St. Mary’s Center for Advanced Medicine)
STROKE SUPPORT GROUP
An opportunity to gather socially and to share topics of interest, concerns and victories. This group is designed to serve stroke survivors, their families, caregivers and significant others.

- No pre-registration required
- Please call 812.485.5607 for more information
- Meets on the fourth Wednesday of each month
- 10:00 a.m. - 11:00 a.m.
- Location: St. Mary’s Community Education Room at Washington Square Mall
  (Please use the East entrance under the canopy on the back side of the mall.)

WOMEN’S CANCER SUPPORT GROUP
Led by cancer survivor, volunteer Linda Bertke
This support group has been meeting for over ten years. The group welcomes and encourages women of all ages, those who are currently experiencing cancer treatment or are survivors. All forms of cancer journeys are shared and supported amongst the participants.

- No pre-registration required
- Please call ahead if interested: 812.485.5725
- Meets on the second and fourth Monday of each month
- 5:30 p.m. – 6:30 p.m.
- Location: St. Mary’s Epworth Crossing Community Conference Room

LOCATIONS
Cardiac Conference Room
St. Mary’s Center for Advanced Medicine
901 St. Mary’s Drive
Evansville, IN 47750
stmarys.org/CenterforAdvancedMedicine

Kempf Bipolar Wellness Center
3rd Floor of St. Mary’s Rehabilitation Institute
3700 Washington Avenue | Evansville, IN 47750
stmarys.org/bipolar

Meeting Rooms 4 and 5
Lower Level of St. Mary’s Medical Center
3700 Washington Avenue | Evansville, IN 47750

St. Mary’s Community Room at Washington Square Mall
5011 Washington Avenue | Evansville, IN 47715

St. Mary’s Epworth Crossing Community Conference Room
100 St. Mary’s Epworth Crossing
Newburgh, IN 47630
stmarys.org/epworthcrossing

St. Mary’s Weight Management Center
950 S. Kenmore Drive | Evansville, IN 47714
stmarys.org/weightmanagement

St. Mary’s Wellness Center
St. Mary’s Epworth Crossing
100 St. Mary’s Epworth Crossing
Newburgh, IN 47630
stmarys.org/wellnesscenter

The “Gift” Conference Room
St. Mary’s Hospital for Women & Children
3700 Washington Avenue | Evansville, IN 47750
stmarys.org/hospital-women-children

Vanderburgh County Health Department
420 Mulberry Street | Evansville, IN 47713-1231
www.evansville.in.gov/health